RM 219
.F87
Copy 1

Food for the Sick

How to Prepare It

Food for the Baby

EDWIN CHARLES FRENCH

LIBRARY OF CONGRESS.

Chap. ..... Copyright No. .....

Shelf RM219 F87

UNITED STATES OF AMERICA.

FOOD FOR THE SICK

AND

HOW TO PREPARE IT.

WITH A CHAPTER ON

FOOD FOR THE BABY.

BY

EDWIN CHARLES FRENCH, M. D.

LOUISVILLE:
JOHN P. MORTON AND COMPANY
1900

TWO COPIES RECEIVED.

Library of Congress
Office of the
MAY 25 1900
Register of Copyrights

A. 13112
May 25, 1900
SECOND COPY.

RM216
.F87

RM219
.F87

62613
COPYRIGHTED BY
JOHN P. MORTON AND COMPANY
1900

IN preparing the diet tables found in this volume, I have consulted the best authorities, quoting from the writings of Ewald, Einhorn, Thompson, Hemmeter, Van Valsar, Nesbet, and others, with some additional practical suggestions proven by thorough tests to be of value.

The receipts have been carefully selected from those contributed by the profession and the heads of the nursing service of various hospitals throughout the country, each having been practically tested.

I have tried to treat only the foods spoken of in the diets in this volume, as there are so many good cook-books on the market that give the ordinary preparations.

In the cooking and administration of food always bear in mind the general rules laid down in this book are to be followed.

With a little thought and care the nurse can originate numbers of new and palatable dishes by a combination of those contained here; especially is this so of the liquid and semi-solid foods.

I desire to extend my heartfelt thanks to those who have so cheerfully assisted in this undertaking, having found their aid invaluable.

With this, the work is handed to the physician and nurse, hoping it may serve the purpose which suggested its compilation.

E. C. F.

INTRODUCTORY.

In times gone by little attention was paid to foods and their action upon the human system, but in the last few years the eyes of the medical world have begun to open to the great possibilities of food as an active agent in and against disease. The scientist began a series of investigations to ascertain *food values*, and as these investigations progressed, and the results they achieved were practically applied, a new era dawned in the treatment of disease, and food began to be administered, not only as a sustaining element to the body and its functions but as a therapeutic agent and an adjunct to the materia medica, until to-day there is not a text-book written without diet being mentioned in the treatment, and in every medical college the study of food is made part of its course.

Each part of the human body needs its particular kind of food, and must have it to continue its activity: The phosphates supply the nervous system; the fats and sugar and sugar-producing food, as starch, supply the body with fuel for heat and energy, while the proteids are flesh or muscle-formers.

In this day and time, in our busy world, where great strain is put on the various parts of the human organism, overtaxing these parts and bringing about abnormal conditions, such as the extraordinary waste of such tissues as are employed, you can at once see how all-important it is that we thoroughly acquaint ourselves with this subject, that we may prescribe the

class of foods to replace the waste going on. There are many normal conditions which make a variation of the diet necessary, as infancy, climate, hard labor, taking on flesh, reduction of obesity, increasing the muscle tissues, during athletic training, and brain-work; abnormal conditions, as disease, positively demand it.

Take the active lawyer, student, teacher, or other professional or business man; he is constantly taxing his nervous system, tearing down those delicate structures known as nerve-cells, which belong to that great system which equalizes the forces of the entire human anatomy. What if this goes on and on without the proper repair? Soon a state of disease will be developed, and there will be a letting down of the entire system. If we give the proper attention to our work and take advantage of the discoveries of the investigators, we can in many cases bring about a return to the normal by seeing that the patient gets the proper food, lessening the weakening of these forces, and thereby the likelihood to disease.

The class of cases mentioned above, known as brain-workers, need an increase of the foods containing the phosphates, which, as I have stated, supply nerve tissue with building material.

Now take the laboring man and the athlete, whose muscular energy is constantly overexerted; here we must give a food which will replace this muscle waste, as those of the nitrogenous or proteid variety.

Inhabitants of cold climates need more of the foods which are heat-producing. To increase fat, give more of the sugars and starches; to reduce obesity, they should be stricken from the list.

In disease there is a waste in all tissues, and foods must be selected to suit each case. In the diets found in this volume this has been done, the greatest care being observed, and they should be closely followed except in a few cases where idiosyncrasy or complicated diseases would necessitate a modification.

Now that we have discussed "food" from the standpoint of its value as a therapeutic agent, let us consider for a moment the next important steps, *the procuring and preparation of it for feeding*. I once heard a paper read which opened with the following sentence: "Good digestion is the foundation of good health." If this be true, and it undoubtedly is, we can readily see that to have good health we must lay the foundation for it by having our food carefully selected (as to quality and freshness) and properly prepared, and if this be the case in health, how much more necessary must it be in disease!

We Americans are known the world over as a nation of dyspeptics; now, why should this be? Three reasons present themselves: First, the food poorly selected; second, poorly cooked; third, hurriedly eaten.

In the selection of food the housewife should be careful *that it is of the best quality and is perfectly fresh.* This I admit is a hard thing to do, for the dealers have so many devices by which they freshen the wares they have for sale. As to the preparation of the food selected, I have discussed that further along in the book, and will now only charge you to observe carefully the rules laid down.

Now as to the consumption of the food, it should be thoroughly and slowly masticated; the stomach should not be overloaded, and only small quantities

of fluids taken during the meal. All starchy foods should be thoroughly mixed with the saliva before being swallowed, as it is the ptyalin in it that digests the starch.

This is a subject of too great importance to be lightly treated; we should study it carefully and master it thoroughly, and every physician should consider it his duty to his profession and to humanity to impress upon his patients the importance of having a perfect food, perfectly cooked and perfectly eaten, from the cradle to the grave, and in so doing have "good digestion, thereby good health."

CONTENTS.

Introductory, ... v

Diets—

In General Diseases, ... 1

In Nerve Diseases, ... 42

In Surgery, ... 45

Methods of Cooking, ... 47

Receipts for Preparation of Food, ... 49

Food Products, ... 128

Receipts for Enemata, ... 130

Peptonised Foods, ... 134

Food for the Baby, ... 145

A Word on Serving, ... 155

Table of Weights and Measures, ... 156

Utensils, ... 156

Index, ... 157

FOOD FOR THE SICK.

ALCOHOLISM—ACUTE.

This condition may be arranged under two heads: First, when a large quantity of alcohol has been taken into the system at one dose; second, when the patient has been "on a spree" (taking alcohol in large quantities for days, or probably weeks).

Little need be said regarding the dietetic treatment of the first division, except that little food should be given at first, and, when it is given, let it be of the light variety, as light-poached eggs, toast, etc.

In the second condition it is different, for the mucous membrane of the stomach is inflamed, and the natural action of the glands is interfered with. There are times after "long sprees" when the stomach is so sensitive as to actually refuse to hold food, so one can readily see how necessary it is to be careful in the selection, preparation, and administration of such.

Milk.—Milk diluted with water, lime water, Vichy, Seltzer, etc. The milk preparations found on the market, as malted milk, Nestle's food, etc., the various farinaceous drinks.

Eggs.—Raw.

Soups.—Meat teas, broths, soups, oysters, and clam broth.

Receipts for preparation of all the above will be found under their respective heads in this volume.

Of course, as soon as the stomach becomes stronger other foods may be added, such as soft cooked eggs, rare steak, breast of chicken, partridge, avoiding all coarse-grained meats or meats hard to digest. Thoroughly toasted bread, zwieback, or stale bread should be given (never give fresh bread); fresh or toasted crackers.

All starchy foods must be thoroughly mixed with the saliva before being allowed to enter the stomach.

The above may be added to from time to time as the stomach can stand it, until the normal has been reached.

ALCOHOLISM—CHRONIC.

The regular drinker comes under this head, and in these cases, where the patient takes a drink or two or more each day, the walls of the stomach by the habitual introduction of alcohol are thickened, and there is a destruction of the gastric glands, consequently a diminution of the gastric juices.

These cases are extremely hard to handle, and only the greatest care throughout life will insure the patient any thing like good health.

AT FIRST

Milk.—Diluted milk (skimmed milk is better than fresh milk), buttermilk, milk preparations.

Soups.—Meat teas and broths.

Predigested foods are found of the greatest value in these conditions, as they relieve the stomach of part of its work.

Eggs.—Raw.

Drinks.—The various soothing, nourishing drinks.

Feeding per rectum: I have seen some extreme cases where the stomach was so irritable that rectal feeding had to be resorted to. As the strength of the stomach manifests itself, semi-solid foods may be added, and as the patient improves, little by little should be added until the diet given in indigestion is followed, and I would suggest that the patient be guided by these rules throughout life, as the greatest care must be observed to prevent a return of stomachic symptoms. Alcohol in all its forms is absolutely forbidden, as it would only bring on another attack.

ALBUMINURIA.

A vegetable diet is recommended by most authorities, as meat diet is supposed to throw more work on the kidney.

Readily assimilated foods that leave a small amount of nitrogenous waste should be given; but care should be taken not to overfeed, as this is dangerous. All foods stimulating in character, and those which leave much waste, increase the work of the kidney and thereby aggravate the trouble.

MAY TAKE

Soups.—Arrowroot soup with onions, milk soups with rice, tapioca or vermicelli, flavored with lemon or orange peel, cloves or allspice; celery and potato soup.

Meats.*—(Very little.) Very little red, mostly the white parts; chicken, game, fresh pork, bacon, calf's head, ham, eggs.

* Some authorities say that no meats should be given.

Fish.—Fresh whitefish, raw oysters, clams.

Farinaceous.—Wheaten bread, hominy, rice, toast, oatmeal, gruels, arrowroot, tapioca pudding, sago.

Vegetables.—(In plenty, well cooked.) The green sorts, generally spinach, summer or green cabbage, turnip tops, mushrooms, celery, salads, rhubarb, cresses, lettuce, onions.

Desserts.—Milk and rice puddings, stewed fruits, raw fruits (especially laxative), fruit jelly, oranges, and lemons.

Milk Diet—Beverages.—Weak tea, peptonized milk, *plenty of pure water*, milk, koumiss, barley water, hot water an hour before meals, buttermilk, Bordeaux, and seltzer.

Mineral Waters.—Bethesda, Clysmic, Berkeley, Gettysburg, Poland, Highland Springs, Vittel, Wildungen, The-Zone, Vals, Bath, Proserpine, Bowles.

MUST AVOID

Stimulants, soups, fried fish, cooked oysters, beef, mutton, corned beef, veal, turkey, hashes, stews, made dishes, sauces, spices, potatoes, peas, beans, lentils, pies, pastry, cheese, new breads, cakes, ices, sweets, coffee, tobacco, malt liquors. Too much high seasoning.

In children and adolescence it is not necessary nor advisable to wholly exclude nitrogenous food, but it should be restricted, especially fresh pork, beef, veal, lamb, and eggs. The evening meal should be very simple, consisting of such food as bread, crackers, rice, or porridge, and milk.

ANEMIA OR DEBILITY.

In these cases a generous nutritious diet is all-important. Care must be taken to give only foods that can be readily digested, for we must bear in mind the disordered state of body functions, and that the stomach if imposed upon would soon lose its ability to perform perfectly its function. Food should be given often, and in small quantities.

Exercise in the open air, stopping short of fatigue; cold or hot salt baths, rubbing with animal oils, change of air, mountain or seaside residence, and all conditions that render the patient happy and contented have their influence for good.

MAY TAKE

Soups.—Broths, all kinds. May add macaroni or vermicelli. Thick soups.

Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate or Burgundy and water, or made into sandwiches. Ham, broiled bacon well cooked, beef juice, mutton, chicken, game, codliver oil as food, butter plentifully.

Fish.—All fresh fish, raw oysters.

Eggs.—Soft boiled, poached, scrambled, raw beaten up with sherry or whisky.

Farinaceous.—(Give in plenty unless indigestion.) Bread, cakes, tapioca, sago, groats, barley, hominy, cracked wheat, graham grits, rolled oats, rolled rye, corn meal, malt extracts, macaroni, vermicelli, and polenta served with meat gravies.

Vegetables.—Most kinds, well boiled or as purees, except named below.

Fats.—Cream, butter, glycerine extracts, and emulsions of bone marrow.

Desserts.—Sweet fruits, custards, calf's foot jelly, fruit, jams, jellies, baked apples, baked pears, prunes, marmalade, egg and milk pudding.

Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefry.

Mineral Waters (or their salts).—Poland, Highland Springs, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Hamburg, Kissingen, Royat, Bath, Vichy, Apollinaris, French Lick, Concentrated Pluto.

Stimulants.—Rich claret, Burgundy, Madeira.

MUST AVOID

Pork (fresh), veal, greasy hashes, salt meats (except ham), made dishes, thin soups, cabbage, cucumbers, turnips, carrots, squash, pickles, spices, pies, pastry, pineapples, bananas.

CONSTIPATION.

Foods should be given which leave a bulky residue, as the passing of this through the intestines stimulates peristaltic action. Oils should be used.

MAY TAKE

Soups.—Brotns, oyster soup, sorrel soup.

Fish.—All kinds boiled. White sorts broiled, sardines in oil.

Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, ginger bread, oatmeal porridge, bran bread, bran pudding,

whole meal bread, corn bread, rye bread, wheaten grits, and Boston brown bread.

Vegetables.—Most fresh varieties, well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery, corn, beans, peas.

Desserts.—Blackberries, strawberries, huckleberries, blueberries, figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, apples, peaches, pears, cherries, prunes, honey or treacle. Fruits should be eaten between meals; if raw fruits disagree, they should be cooked.

Beverages.—Glass of water, preferred hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, lemonade, cocoa, beer, ale, unfermented grape juice, cider.

Mineral Waters (or their salts).—Richfield Springs, French Lick (concentrated), Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna, Carabana.

MUST AVOID

Stimulants, sweets, puddings made of rice, sago, etc., pork, veal, liver, hard boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquors, milk.

CHOLERA.

Little will be said of this condition. Dr. Gatchell says, "During the attack no food is required." The incessant thirst is hard to gratify, as the stomach will

seldom tolerate water. When it will not, inject water; bits of ice held in the mouth until melted; milk may be injected.

AFTER THE ATTACK

No solid foods should be taken until evacuations are consistent and fecal. Be careful that a perfect process of digestion is going on, as an attack of indigestion, be it ever so slight, may cause a relapse.

At first only farinaceous foods or milk should be given. (See receipts under this head.)

Gradually the foods mentioned in the diet for diarrhea may be added, but this must be with care.

DIPHTHERIA.

Keep the system well up by giving nourishing foods: Milk and milk foods, eggs, and others of the liquid and semi-solid. Where there is depression, stimulants are required, and whisky or brandy may be added to food. Black coffee is often of great service as a stimulant.

In cases where patient can not swallow, some nutrient enema may be given, and olive oil rubbed into the skin, especially over the abdomen; this may be done several times a day. Great care must be taken in this last procedure that the patient does not "catch cold;" the rubbing would best be done under cover. A general fever diet is suggested

The quantity of food to be given per rectum must be regulated by the age of patient and by the patient him or herself. For one-year-old patients, one ounce every three hours; patients from two to five years old,

the quantity should range from two to four ounces. Care must be taken not to give too much at a feeding, for the rectum of a child is more irritable than an adult, consequently the food would be expelled if too much was introduced. It is best to use a long tube if possible.

See enemata for preparation.

DIABETES.

Eliminate all sugar and sugar-forming foods from the diet in these cases, and increase the fats and albuminoids, as they take the place of the sugars. Of course where stomachic or intestinal indigestion is a complication, care must be taken in giving fats. The physician is often called upon to modify these rules to suit the case, as a general idea can only be laid down. Drink water freely. Substitute saccharin or sycose for sugar.

MAY TAKE

Soups.—Soups and broths made out of any kind of meat, without vegetables; consomme of beef, veal, chicken, turtle, terrapin, oyster, and clam, all without flour; chowder without potatoes, mock-turtle, mullagatawny, tomato, gumbo fillet.

Fish.—All kinds, fish roe, lobster, oysters, clams (hard part only), terrapin, shrimp, crawfish, soft shell crabs. No sauces containing flour.

Meats.—Preferably fat; cooked in any way except with flour; poultry, calf's head, kidneys, sweetbread, ham, sausage, tongue, hash (without potatoes), pigs' feet, tripe, all kinds of game (not breaded).

Eggs.—In any form.

Fats.—Olive oil, animal fats and oils, as butter, cream, codliver oil, bone marrow.

Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle cakes, almond bread and cakes, charred bread, bran cakes, soda bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.

Vegetables.—Truffles, lettuce, romain chicory, cucumbers, spinach, sorrel, beet tops, dandelions, oyster-plant, watercresses, asparagus, mushrooms, all kinds of herbs, sauerkraut, string beans, horseradish, celery, radishes, sea-kale, vegetable marrow, okra, endives, pickles, cucumbers, gherkins, cranberries (allowed by some), green fruits, summer squash, onions, leeks, cauliflower, and cabbage, cold slaw, kohl, rabi, parsley, parsnips, egg-plant, artichokes.

Jellies.—Made of gelatine, calf's foot with wine, but unsweetened except with saccharin or sycose, coffee jelly, lemon jelly, ivory jelly.

Desserts.—Cream custard, ice cream sweetened with saccharin, sycose or glycerin (very little). In cooking acid fruit, neutralize acidity with bicarbonate of soda or potash.

Relishes.—Pickles, radishes, sardines, anchovies, caviar, celery, olives.

Fruits.—If acid (not sweet), gooseberries, red currants, sour cherries, raspberries, and strawberries (allowed by some); sour oranges, lemons, grape fruit, sour apples, peaches in brandy without sugar. Muskmelon may sometimes be eaten.

Nuts.—Oily nuts, almonds, walnuts, brazil nuts, hazelnuts, filberts, pecans, butternuts, cocoanuts.

Cheese.—Cream cheese, milk curds.

Beverages.—Tea and coffee without sugar, buttermilk sometimes, skim milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, Burgundy,* sour lemon and orange juice with Vichy and a pinch of sodium bicarbonate. All in moderation.

Mineral Waters.—Alkaline and alkaline calcic. Saratoga, French Lick, Waukesha, Bethesda, Poland, The-Zone (oxygenated), Highland Springs, Londonderry Lithia, Buffalo Lithia, Hodor Lithia, Aquzon, Vichy, Carlsbad, Ems, Marienbad.

MUST AVOID

Stimulants except those mentioned in beverages, sugars or sweets of any kind, starches, liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, prunes, plums, grapes, oranges, apricots, peaches, dates, watermelon, sweet wine, cordials, porter, lager beer, cider, mustard, honey, ices, jams, treacle, chestnuts, peanuts.

DIARRHEA.

The result of some irritation, direct or indirect, along the intestinal tract. If due to improper diet, great care should be exercised to correct this. Foods which ferment easily and those that leave an undigested residue should be avoided, as they are ofttimes the cause of the irritation. At first only give liquids, preferably the milk diet—buttermilk is best, as there

*Some authorities object to the giving of tea, coffee, and alcohol.

is little danger of fermentation in taking it. Egg albumin raw is good. As the patient improves, other things may be added as below.

MAY TAKE

Soups.—Milk soup, fish, oysters.

Meats.—Scraped beef or mutton, pounded raw meat, sweetbreads, beef juice, liquid peptonoids, partridge in season.

Eggs.—Raw white of egg with water, lightly boiled, poached.

Farinaceous.—Crackers, toast, macaroni, rice boiled with milk or served with beefsteak gravy, arrowroot, tapioca, sago, gruel boiled two or three hours, flourball boiled two or three hours with milk. May add brandy or port wine to arrowroot or gruels.

Desserts.—Milk foods, milk, eggs, pudding (not sweet), hasty pudding with flour and milk.

Beverages.—Sterilized or Pasteurized milk, skim-milk, or milk with lime-water, peptonized milk, strong tea, lactic acid water, toast water, rice water, koumiss, egg lemonade, buttermilk.

Mineral Waters (or their salts).—Allegheny Springs, Berkeley Springs, The-Zone (oxygenated), Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, White Rock, Bristol, French Lick.

MUST AVOID

Stimulants, vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.

DYSENTERY.

This is an ulceration as well as an inflammation of the intestinal canal, consequently an exclusive liquid diet is required. Milk (preferably predigested) should be continued until all signs of intestinal irritation have disappeared, then gradually add the foods named in the diet for diarrhea.

Cold drinks have a tendency to increase the colic which accompanies this disease.

FEVERS.

MALARIA AND TYPHOID WILL BE TREATED SEPARATELY.

Fevers cause great waste of tissue, so we must find foods to replace this waste, and at the same time assist in the elimination of the products of morbid metabolism.

Mostly liquids must be given, and in small quantities and often. Milk diet, white of egg, liquid foods, cooling drinks; drinks can usually be borne in large quantities.

Partially digested foods. (A point—never give any thing that can not pass through the meshes of a fine sieve.) Give more in the morning than in the evening. The loss of appetite should be respected in the acute stage. Utilize periods of remission.

MAY TAKE

Soups.—Clear soups thickened with arrowroot, well cooked finely ground rice, thoroughly baked

wheaten flour, raw meat juice, clam broth, chicken broth, vegetable broths, mutton broth, broth with egg, broth of gelatine, beef tea, fruit soups made by boiling fruit (fresh or dried), adding grape sugar, lemon peel, etc.

Eggs.—Beaten up with water or stimulants; beaten in hot water, a splendid diet.

Foods.—Peptonized milk, malted milk, Mellin's food, Nestle's food, liquid peptonoids, flourball with milk, milk toast, arrowroot, Indian meal gruel, oatmeal gruel, ground rice, pounded raw meat, oysters; in convalescence, meat and calf's foot jellies.

Beverages.—(Fluids should be sipped.) Skimmed milk (one and a half to two and a half quarts in twenty-four hours), buttermilk, whey, koumiss, barley water, rice water with lemon juice and sugar, toast water, jelly water, gum arabic water, plain soda, sour lemonade, fruit juices, egg lemonade, eggnog, cocoa. Tea and coffee—once a day, except when there is insomnia or excessive nervousness.

Mineral Waters.—Carbonic water, Ozonized water, The-Zone, Vichy, Apollinaris, Seltzer, Poland, Highland Springs, French Lick.

Stimulants.—Light wines, diluted clarets, and beer. In convalescence, liquors in the form of toddy punches, between meals two or three times a day, as indicated.

MUST AVOID

All solid foods until the temperature has remained normal for a period of days thought by the attending physician sufficient to insure of no relapse.

GASTRIC CANCER.

In advanced cases the foods must be wholly liquid and concentrated, given in very small quantities (one or two teaspoonfuls) at a time frequently.

When enemata are necessary, full directions should be given by the attending physician.

In Advanced Cases Fed per Mouth.

Foods.—Meat extracts, buttermilk, pancreatinized milk, koumiss, and prepared egg albumin (white).

It would be better if the diet should consist almost entirely of prepared milk. Sour milk (Oppolzer).

Beverages.—Red wine, dilute whisky and water, dry champagne; acidulated drinks (in early stages).

MUST AVOID.

Ales, beers, and effervescing waters.

Substances Available for Rectal Feeding.

Leuber suggests: One part fresh pancreas to three parts of beef; both should be beaten into a pulp, then rubbed with warm water until a consistency of paste (all fat should have been carefully removed). Inject with suitable syringe with wide nozzle. Egg albumin is sometimes added.

Milk.—Pancreatinized milk, when predigestion has not been carried too far, is one of the most satisfactory foods per rectum.

Eggs.—Egg albumin (white), predigested by peptogenic or pancreatinized powder; whites of two eggs

added to peptonized milk to peptone solution or one of meat extracts (Ewald).

Alcohol.—Good whisky, one ounce diluted with half of water, is best. Brandy, sherry, or rum with water may be given.

PRESCRIPTION FOR ENEMA (*Ewald*).

Beat the whites of two eggs with tablespoonful of cold water, and one or two teaspoonfuls of starch boiled in 20 per cent glucose solution, a wineglassful of claret, and a teaspoonful of peptone solution. Mix at temperature below coagulation point of albumin.

For other prescriptions for rectal feeding see Enemata.

GASTRITIS (ACUTE).

(DYSPEPSIA.)

Thorough mastication is of the greatest importance in this condition. The patient must eat slowly and at regular intervals (punctuality is of great importance). Be sure that the last food taken is digested before taking more; it is always better to undereat than to overeat. The stomach must be rested from heavy work, as the digesting of heavy foods. Only a small amount of fluids should be taken during a meal if solids are to be taken. Abstinence from stimulating beverages, condiments, and spices must be observed. Physical exercise is of great value; exercise in open air. On rising, cold sponging and vigorous friction of body is advisable. The bowels should be kept open by laxative foods and liquids.

Avoid too much variety at one meal. Some advise the taking of meats and vegetables at separate meals. Another point to watch is, if fatigued, the patient should lie down before and after the meal.

Avoid taking worries or cares to the table; keep the conversation light and full of laughter.

MAY TAKE

Soups.—Purees of tomatoes, asparagus, potatoes, and fresh peas; veal broth.

Fish.—Oysters, fresh boiled or broiled fish without rich sauces, little neck clams. They may be eaten with a little fresh butter and salt.

Meats.—Sweetbreads, broiled steak or chop, tender roast beef or mutton, chicken roasted or boiled, broiled capon, roast partridge, grouse, woodcock, plover, prairie chicken, squab. All meats should be short-fibered and tender. They need not be *very* rare. Grilling is best method of cooking them.

Eggs.—In any form, if they are found to agree (except hard boiled or fried). They should be served with dry toast or stale bread.

Fats.—In moderation only; butter very thinly spread and well rubbed in. Sometimes a thin rasher of bacon *cooked crisp*. Occasionally allowable, cream, olive oil.

Cereals.—Wheaten bread porous, or aerated bread at least one day old, stale, or toasted; dry unsweetened rusk or zwieback, soda crackers, cracked wheat, sago, tapioca, cornmeal, hominy, wheaten grits, graham grits, rolled rye, rolled oats (occasionally rolled oats and such foods must be eliminated from the diet of the dyspeptic on account of irritation pro-

duced by husk of grain), rice cakes, browned rice. Occasionally allowable, macaroni, spaghetti, or rice, and some of the prepared foods, as Carnrick's or Mellin's.

Vegetables.—Mealy well-baked potatoes, not too young or new; raw tomatoes, spinach, thoroughly boiled onions, very young tender fresh peas, very young lima beans, asparagus, stewed celery plant, lettuce.

Fruit.—Baked or stewed apples or prunes. Occasionally a little fresh fruit, better if taken between meals; oranges, peaches, grape fruit. (See fruits forbidden.)

Beverages.—Weak tea, clear, very hot. (China teas are less injurious than Indian.) Black coffee without milk or sugar, after dinner; if it produces nervousness or insomnia, it must be discontinued. Cocoa (not chocolate), milk and vichy, or milk and seltzer.

Mineral Waters. — Carbonate water, Congress, Hathorn, Balston, Kissingen, Apollinaris, Poland, Highland Springs, Carabana. Occasionally allowable, light, bitter ale and porter, pure wine, weak brandy and whisky, claret.

MUST AVOID

Rich soup, gravies, and sauces, strong condiments, pickles, fresh, soft bread of any kind, hot breads, pastry of all kinds, cakes, griddle cakes, doughnuts, muffins, sweet tarts, jam, confectionery of every kind. Raw vegetables, as celery, radishes, cold slaw, heavy, starchy vegetables (all roots and tubes). Fat in quantity, all fried and greasy food. Lobsters,

crabs, shrimps, salmon, herring. Dried, smoked, cured, potted or "deviled" meats, fish and pork in every form. Corn beef, veal, goose, and rabbit. Twice cooked meats, stews. Cheese of all kinds. Very acid and very sweet fruits, nuts, dried fruits in general. Strong tea, sour wines, spirituous liquors, except mentioned above. Confections of all kinds. The excessive use of tobacco in all forms.

GASTRITIS (CHRONIC).

When the stomach has arrived at the state of chronic inflammation, it must be handled very carefully. The following are the general rules suggested to be strictly observed:

The patient must eat slowly, thoroughly masticate foods taken, and they must be of the kind easily assimilated. It is best to give foods in small quantities and often during the day, say five or six times a day (8–10 A. M., 2–4–7 P. M., sometimes at 10 P. M).

If solids are given, fluids should be excluded. Regular habits must be followed; out of door exercise must be taken systematically. Sponge bathing or daily shower-baths must be practiced; this must be followed by active friction of the skin.

MAY TAKE

Soups.—Beef broths, meat soups thickened with arrowroot. Bouillon of white meat. (Note general rules.)

Fish.—Oysters raw, boiled or panned, shredded codfish, caviar, fresh fish (if it agrees).

Fats.—Butter in very small quantities, cream sometimes.

Meats.—Scraped beef, dried beef cut thin, rare steak, lean roast beef, breast of chicken, lean boiled ham, lean smoked bacon cooked to crisp, boiled lean veal. (Note how meats should be cut.)

Eggs.—Soft cooked (if they agree).

Farinaceous.—Arrowroot gruel, cornstarch or farina, milk toast, dry bread thoroughly toasted, bread crust, plain crackers, zwieback, gruels, sago, ground rice, vermicelli, macaroni. Bread from fine white wheaten flour is better than coarse brown breads or whole meal breads.

Vegetables.—*Potatoes roasted and mealy* sometimes allowed.

Desserts.—Rice pudding, cooked fruit in small quantities between meals is allowed (baked apples or stewed prunes).

Beverages.—Milk diluted with lime-water or Vichy, Apollinaris, hot or cold, but hot is best. Buttermilk in quantities. Tea, coffee, or cocoa in moderation, without sugar or milk. Hot Hunyadi water, Friedrichshall, bitter water, French Lick water, Carlsbad salts in hot water. Hot Vichy or hot water taken one half to three quarters hour before meals. Peptone preparations, peptone chocolate.

Stimulants.—Alcoholics in general should be forbidden. Light Wines, as Hock, Moselle, may be given.

MUST AVOID

Rich, stimulating articles, pickles, sauces, spiced dishes, sweets, pastry, fried foods, drinking large quantities of hot or cold fluids. Fats and oils, fat

meats (except above), pork, sausage, solid foods cooked in grease, rich gravies. Tough meats and flesh of young animals must not be eaten. Saccharin and farinaceous food (except above), cabbage, cauliflower, legumes, and corn. Hot breads of all kinds, also cakes.

GASTRIC ULCER.

The diet in gastric ulcer must be managed according to the stages of the disease. Sometimes in the early stages of very bad cases the feeding is per rectum; for this treatment you are referred to Enemata for receipts.

We will begin with first stage of treatment by the stomach: Very small quantities, not exceeding one or two teaspoonfuls, should be given at a time. The tendency to nausea and vomiting should be noted; should this be intense, it is well to give a sedative to allay gastric irritation. The introduction of a weak solution of cocaine into the stomach before feeding has been recommended in extremely irritable cases.

As the patient improves, gradually increase the amount of food given and widen the intervals of feeding. The attending physician should add to the menu from time to time as he thinks the progress of the patient warrants; but he should be very careful not to attempt this too early; it would be much better to restrict the diet beyond the time necessary than to increase it too soon, as the stomach is weak and the least thing may cause a relapse.

FIRST STAGES OF TREATMENT.

Milk.—Milk in all forms, but should be given in the one best borne by patient. *Milk thickened with flour, peptonized milk gruel*, buttermilk, koumiss, matzoon, ice cream.

Eggs.—White of egg (raw), beaten, sweetened or prepared with sherry. Yolk may be beaten in boiling water and added to a tumbler of milk.

Foods.—Mellin's, Nestle's, Imperial Granum or malted milk, meat broths, beef juice, beef albuminoids, pancreatinized meats.

SECOND STAGE.

Osler Menu.—8 A. M.—Two hundred centimetres of Leube's meat solution. 12 M.—Three hundred centimetres milk gruel or peptonized milk gruel made of ordinary flour or arrowroot, to which an equal quantity of peptonized milk is added. 4 P. M.—Buttermilk. 8 P. M.—Gruel.

IN LESS SERIOUS CASES.

Meat Preparations.—Leube's soluble meat with milk, or salted meat broths and bread crumbs, meat jelly.

Farinaceous.—Zwieback, dry bread crumbs, cracker crumbs, soaked in milk.

After three or four weeks and condition favoring —improvement indicated by diminution of pain and absence of gastric distress after eating—the following may be added in moderation from time to time: Milk toast, eggs very lightly cooked, sweetbreads, scraped meats, boiled or broiled white meat of chicken, or

mutton, or fish. Chicken broths thickened with arrowroot or rice or vermicelli, thickened soups to which yolk of egg has been added, or crumbled dry toast with carefully prepared puree of potato.

LATER THE FOLLOWING MAY BE ADDED.

Meats.—Tender rare roast beef or beefsteak; game, like breast of partridge or squab in season.

Fish.—Soft part of large oysters (raw or boiled), fresh fish boiled, as bass, sole, whiting.

Farinaceous.—Rice pudding, bread and milk pudding, tapioca, sago, farina, and cornstarch.

Fruits.—Orange, lemon, and peach, juice only allowed.

Beverages.—Carlsbad water to neutralize the acidity of the stomach (Von Zineissen).

MUST AVOID.

Gruels made from coarse cereals, coarse bread or groats, vegetables having tough outside covering, like peas, corn, and beans. Aerated waters (irritating to ulcer).

GENITO-URINARY TRACT.

Inflammation.

The diet in this condition generally consists in avoiding stimulating food, and the drinking of bland diluents. In very *severe* cases of acute inflammations of the tract, milk diet followed by a light farinaceous diet is suggested. Alcohol in all its forms must be avoided. Meal hours should be regular. Large quantities of water should be taken. Keep the bowels open.

In an ordinary case of urethritis the following table may be followed:

MAY TAKE

Soups.—Beef broth, mutton broth, meat soups thickened with arrowroot, bouillon of white meat.

Fish.—Oysters raw, boiled, or panned; fresh fish (not fried).

Fats.—Butter should be taken only in small quantities.

Meats.—Rare steak and roast beef, white meat of fowl, scraped beef, dried beef, lean boiled ham.

Eggs.—Soft cooked.

Farinaceous.—Light foods of this variety, dry bread, toast plain or with milk, zwieback, crackers, bread crusts.

Vegetables.—Most kinds, if fresh and well cooked.

Note.—Asparagus and tomatoes should not be taken, as they in many cases render the urine irritating.

Dessert.—Of the farinaceous kind only. Cooked fruits may be given.

Beverages.—Milk diluted with lime-water, Vichy or Apollinaris; buttermilk in quantities. Large quantities of water should be taken to dilute the urine; Lithia water, Hunyadi, Friedrichshall, bitter water, concentrated Pluto, Carlsbad waters should be taken.

MUST AVOID

All stimulants, stimulating and highly seasoned foods.

GOUT AND RHEUMATISM.

In this condition the diet should be liberal, yet not stimulating. Animal foods should be taken in moderation. All foods such as starches, sugars, fats, and fermented liquors have a tendency to produce an acid in the tissues, therefore must be avoided.

These two conditions are generally considered to be influenced by climate, age, and heredity, and disturbed metabolism brought about by improper diet, defective oxidation combined with imperfect elimination of waste products. Good digestion is important. Have patients eat slowly, thoroughly masticate food, and take the foods that agree with them.

MAY TAKE

Soups.—Clear soups, vegetable soups, broths.

Fish.—Fresh fish, raw oysters (not fried).

Meats.—(To be taken once a day only, white kinds mostly.) Mutton, chicken, sweetbreads, pigeon, brains, pigs' feet, venison.

Eggs.—(In moderation.) White of eggs, raw.

Farinaceous.—Graham and wheaten bread toasted, macaroni, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, graham gems, graham flakes, rye gems, crackers, hominy.

Vegetables.—(Fresh green varieties.) Celery, lettuce, watercress, cucumbers, cabbage, and other salads, young peas, string beans, spinach, lima beans, asparagus.

Desserts.—Oranges, lemons, cranberries, apricots, pears, peaches, blanc mange, ices (not after meals), stewed or roasted fruit.

Fresh Fruits.—Those which contain acids, raw unpeeled apples in large quantities.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast water, lime juice, lemonade.

Mineral Waters—(or their salts). Saratoga, Berkeley, Hot Springs, Va., Lithia waters, French Lick, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad, The-Zone (oxygenated), Carabana.

Stimulants.—Moselle, light Hock, Bordeaux, in small quantities and diluted.

ABSOLUTELY FORBIDDEN.

Malt liquors, sweet wines, champagne, and spirits.

MUST AVOID

Rich soups, hard boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab; preserved, dried, and salt meats; salt fish, pickle pork, asparagus, old peas, old beans, tomatoes, mushrooms, truffles, dried fruit, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, rhubarb, cider, fermented drinks, beer, lean meat, raw meat minced, beef tea, predigested saccharin foods, sweet fruits.

In young strumous children, after three or five years, requiring large proportions of fats, bread and butter, fat bacon, baked potatoes with butter. Puddings of bread, rice, sago (but not of raw flour). No sweets.

LIVER AND BILE PASSAGES.*

Diseases.

Foods digested in the stomach should be given.

Meats.—Preferably white kinds, fish, etc. No animal fats.

Vegetables.—Containing little starch or sugar, those containing benzoates and salicylates, as spinach, watercresses, lettuce, etc. The latter promote the fluidity of the bile and assist elimination.

Milk.—Skimmed.

Eggs.—Raw or soft poached.

Vegetable Fats.—As nuts containing oil.

Breads.—Toasted breads, bread from whole wheat flour, water-mill cornmeal, almond flour.

Drinks.—Hot acid drinks before meals (water flavored with lemon, orange, etc.).

MUST AVOID

Animal fats, sugar, starches (unless they have been converted into dextrine).

Oatmeal, potatoes, dried beans or peas, bananas, tainted meats, old cheese, overripe fruits.

MALARIAL FEVER.

In ordinary cases of this type of fevers, where the digestive tract is not involved, a strengthening diet of solid food seldom results injuriously; that is, if given *between paroxysms.*

Anemia, which accompanies malaria, due to the destruction of the red blood corpuscle, requires the

*Prepared by Dr. R. A. Bate, of Louisville, Ky.

regenerating or building up of this important blood element; so the red meats are essential. Care must be taken that too strong demands are not made on the digestive tract.

In the more aggravated type of fever, where the patient's system is completely depleted, *no solid foods should be given.*

Koumiss, malted milk, plain milk, cream in small quantities, minute doses of stimulant with some liquid nourishment.

After First Few Days to a Week

Peptonized meat jellies, etc. Should diarrhea show itself, these foods must be discontinued, as they are causing irritation of the tract.

Generally, chicken (white meat), tender beef (rare), and sweetbreads may be given after a period of two weeks, all other things being favorable; later this may be added to until the normal has been reached.

OBESITY.

The patient must avoid starches; as far as is possible, sugars should be eliminated from the diet altogether; other fat-forming foods must be taken only in very small quantities. A certain amount of fat with food is necessary.

Ebstein, Dujardin-Beaumetz, and S. Weir Mitchell suggest a scheme of meals which I will give here:

Breakfast (*Ebstein*).

One cup of black tea.
Two ounces buttered toast.

DINNER (at noon).

Shinbone soup.

Four to six ounces of well-boiled or roasted fat meat with gravy.

Peas, beans, cabbage, in moderation.

Salads, fresh fruits, or dried fruits with sugar.

Moderate amount of black tea and light wine.

SUPPER.

One cup of black tea.

One egg or fish (may substitute ham or other fat meat).

One ounce of well-buttered bread.

A little cheese and fresh fruit.

BREAKFAST (*Dujardin-Beaumetz*).

Bread crust, three fourths of an ounce.

Cold meat, one and a half ounces.

One cup weak tea, without sugar.

LUNCHEON.

Bread, one and a half ounces.

Meat, three ounces, or two eggs.

Fresh vegetables, three ounces.

Salads, cheese, one half ounce.

Fruit to taste.

DINNER (in the evening, no soup).

Similar to lunch, plus bread one and three-fourths ounces, meat three ounces.

S. Weir Mitchell.

Milk, eight ounces, and one egg every three hours (when awake), for twenty days; no other food or drink; then gradually enlarge dietary. The following should be adhered to strictly if results are expected. Active and passive muscular exercise must be indulged in frequently.

MAY TAKE

Soups.—(Best none at all.) Very little chicken broth, oyster soup, clam broth, thin beef tea.

Fish.—All kinds except salmon and bluefish. Anchovies or red herring in salt varieties, only as a relish.

Meats.—Once a day only. Plain meats of any kind except pork, rejecting fat and skin.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuit, beaten biscuit, zwieback, vienna rolls, soup sticks, crusts, graham gems, hoecakes.

Vegetables.—(Fresh)—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, raddish, very little if any potatoes, salad, olives.

Dessert. — Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters (or their salts).—Avon Springs, Richfield Springs, Ozonate Lithia, Londonderry Lithia, Carabana, The-Zone, Carlsbad, Friedrichshall, Rubinat, Puellna, Hunyadi, Pluto concentrated, unsweetened lemonade.

MUST AVOID

Fats in excess, beverages in excess, thick soups, salmon, bluefish, eels, salt fish, pork, sausage, spices, hominy, oatmeal, macaroni, potatoes, parsnips, turnips, carrots, beet-root, rice, currants, puddings, pies, cakes, sweets, milk, sugar, malt and spirituous liquors. Made dishes or pastry.

POISONING BY STRONG ACIDS AND ALKALIES.

It must be remembered that in these cases the mucous membrane of the stomach is damaged, and in some cases almost destroyed. When the patient is allowed food it must be of the lightest kind, at first farinaceous and jelly water; later, meat teas; egg albumen is an ideal food; milk and food preparations may be added, but this must be done gradually. As the patient progresses, more substantial foods may be given. In extreme cases rectal feeding has to be resorted to.

PREGNANCY.

The diet should be nutritious, avoiding all sweets, pastry, made dishes. Give foods such as form bone and muscle to repair the waste going on in the mother and build up the child. If the morning sickness presents itself, the patient should remain in bed until after a cup of cocoa, coffee, glass of milk or cup of broth has been taken and digested; a biscuit may be taken with the drink. Chicken-gizzard tea is often of value in these cases. Dry solid food like popcorn is often retained when all other foods are rejected.

PYEMIA AND SEPTICEMIA.

In all septic conditions the diet must be as nutritious as possible. Alcoholic stimulation must be freely induced; so suggested by the various authors on the condition. The diet for fevers in general is suggested in the early stages, afterward the diet as in tuberculosis, as the system needs building material.

PNEUMONIA.

A light diet should be given, so as not to excite coughing. You should guard against vomiting. Egg albumen, meat juices, milk, whey, may be given; but starchy and sweet food must be withheld. Cold drinks of plain or aerated water may be given in large quantities. *When the temperature is again normal*, and signs of commencing disappearance of exudation are apparent, the diet may be added to slowly, such as scraped beef, soft cooked eggs, etc., until the normal has been reached. Stimulating drinks, as eggnog, wine whey, etc., are indicated throughout the disease.

RICKETS.

A disease the result of imperfect nutrition, and must, like consumption, be treated with a generous diet of fat, muscle, and particularly bone-forming food, as eggs, cereals (whole grain), fish, etc.

SCARLET FEVER.

While the fever lasts the diet should be strictly fluid. Milk, effervescing waters (Seltzer, Apollinaris), barley water, orange and lemon juice in Vichy.

Plain vanilla ice cream can be given in mild cases.

If fever is high, food must be given every hour. If there be severe gastric complication, some of the predigested forms of milk should be used.

In convalescence the diet should be controlled for two or three weeks.

At first they may have rice pudding, cornstarch, farina, crackers, sago with cream, milk toast, cream toast, beef jelly, blanc mange, wine jelly, baked custard, baked apples, stewed prunes. In resuming animal diet, it should be done gradually; eggs, fish, and oysters should be given before meats.

SCURVY (INFANTILE).

Scurvy in infants most frequently occurs between the ages of nine and eighteen months. It is a disease of malnutrition, consequently the diet is an important factor in the treatment.

Writers of note tell us that the chief causes for scurvy are poor human or cow's milk, improperly modified good cow's milk, proprietary foods, condensed and sterilized milk. A lack of cereals, raw foods, meat, fruit juices, etc., in variety and quantity *suitable to the age of infant* would be next in importance as a causation of this condition. The treatment is gener-

ally very simple. Patent and proprietary foods must be prohibited; we must now supply, in absence of good mother's milk, a food properly modified, according to age and state of child, to take its place.

Dr. Jacoby in the Medical News suggested the following diet for a child aged eleven to fourteen months:

Robinson's prepared barley well cooked with water, and as thick as rich milk, and the best cow's milk, unsterilized or raw, in equal parts, with two teaspoonfuls of pure cream, two teaspoonfuls of lime-water, and one-half teaspoonful of the best granulated sugar at each feeding. The child should be fed about once in two to three hours, depending upon the quantity it can take and retain at each feeding. After the second week increase the proportion of milk to two thirds, and barley or oatmeal water and the rest of the mixture together making one third. From the first give the juice of two medium-sized, choice, sweet oranges or one sweetened lemon each day in teaspoonful doses, with sugar, and as much water then and between feedings as desired. Also give two to four teaspoonfuls of beef juice twice a day, freshly prepared as follows: Take a small piece of "top sirloin," sear it quickly first on one and then on the other side, and then broil it over a bed of live coals until the juice begins to run. Then score it with a hot knife, squeeze it with a hot lemon-squeezer into a hot saucer, and add a pinch of salt and serve with a hot spoon as it cools down sufficiently to be fed to the baby without burning the mouth.

SMALLPOX.

Milk, milk preparations, and broths of all kinds (provided they do not disturb digestion) are allowed. Cold drinks are freely given. Barley water, etc., are allowed. As the patient improves, add, with great caution, first the semi-solid foods, then the solid foods.

SUNSTROKES AND HEAT EXHAUSTION.

During convalescence the food should be of a very light but nutritious kind. Milk and milk preparations; predigested foods. Meat teas and broths. Eggs, raw and lightly cooked. Meats, beef and lamb cooked rare.

Be guided by the condition of the patient in the adding of other heavier foods.

TUBERCULOSIS.

The tendency of this disease is to *tear down* tissue; then the important point to keep in mind in the dietetic treatment is building up; consequently nourishing foods easily digested and readily assimilated must be given. Milk, fresh meats* (cooked rare), eggs, oils, vegetable and animal, can not be too strongly recommended, provided the digestive apparatus will tolerate them. Have patient eat as much as can possibly be digested, and insist on fatty and nitrogenous foods if they can be borne. Be sure and have patient take food between meals and on retiring. It would be well to have meal hours three hours apart.

* An exclusive meat diet has recently been suggested, since lithemic individuals (usually meat eaters) never have tuberculosis.

MAY TAKE

Soups.—Purees of peas, beans, tomatoes, celery with meat extracts, peptonoids added. Bouillon, clam, chicken and mutton broth, barley, rice, beef juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish of all kinds, boiled or broiled, (never fried), oysters or clams raw, roasted, or boiled, the soft parts only.

Meats.—Beef raw, seasoned with herbs, underdone, scraped or pounded roast mutton, lamb chops, poultry, game, bacon, ham, sweetbreads, albuminoids, beef juice, liquid peptonoids. Beef and mutton should predominate. Meats should be lightly cooked.

Farinaceous.—Wheat bread, Indian meal bread with plenty of butter, malt extracts, rice, oatmeal, corn mush, farina, wheaten grits; germea with cream or sugar if it agrees, if not, with lemon.

Eggs.—Raw (in irritated condition of larnyx) beat with milk, whisky or sherry; lightly cooked in hot water, scrambled, or omelet lightly made.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Crisp fat bacon, eggs (yolks), butter, cream, olives, and codliver oil, pancreatin, or pancreatic emulsions.

Desserts.—Tapioca and sago pudding, farina, floating island, custards, all fruits, cheese, butter-scotch.

Fruits.—Succulent, baked or stewed apples, with cream.

Beverages.—Matzoon, buttermilk, milk punch, lemonade, orange water, tea, coffee, ozonized water,

carbonized water, oxygenated water (The-Zone), hot water, and hot Vichy water (one pint an hour before meals), ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate.

Mineral Waters.—Alkaline, iron, and sulphur, Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix La Chapelle, Hamburg, Farnzensbad, Cheltenham, French Lick.

Stimulants.—Beer, stout, porter, claret, Burgundy, light Hungarian, Italian or Greek wines, tokay with cocoa. When hectic fever is high and exhausting, and pulse feeble and rapid, it is well to give, in advanced cases, three to four and up (seldom higher than eight) ounces of whisky, brandy, or rum.

MUST AVOID

Sweet wines, sherry, port, Madeira, and champagne. The excessive use of farinaceous, sugary or starchy foods, except as specified above; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, spaghetti, arrowroot, cornstarch, hot bread and cake, *all fried foods*, made dishes, gravies, sweets, pies, and pastry.

TYPHOID.

The treatment of typhoid depends largely on *good nursing and careful diet.* In this, like all fevers, there is rapid waste which must be replaced. Understanding the pathology of the disease, you will at once see the importance of a carefully selected diet, applied in

the most strict sense. In selecting food in typhoid fever, we must bear in mind the irritated and ulcerated condition of the intestine, and select such as lessens the danger of mechanical irritation.

Milk is spoken of by many as the ideal diet in typhoid, yet milk may become an important factor in the mechanical irritation to be avoided, for upon its entrance to the stomach it at once becomes almost solid, and these large firm curds are likely to become as irritating to the ulcerated surface over which they must pass as starchy foods, sometimes more so.

Buttermilk at the present time is much used as a diet in typhoid, and with much success. It contains the necessary elements of food, albumin, casein (finely coagulated), salts, water, and sugar, the fat being removed in the churning process. Patients who can not take fresh milk can thoroughly digest buttermilk. It is wholesome, and has great diuretic properties. It should always be taken *fresh*. Care must be taken not to administer it too long alone, as it can not be depended upon exclusively for a long time.

Keep up good stomachic digestion throughout the disease, as the thorough digestion of food before it enters the intestines insures the lessened cause of fear of irritation. Examine the stools frequently, and if there be curds look to your diet. The quantity to be taken must be regulated by the age and size of the patient, and upon the digestive powers; there is great danger of overfeeding. If the abdomen becomes hard and the stools show fat and casein, you may know there is something wrong in the digestive tract which necessitates a change of food or a reduction of quantity. Again, if the patient shows good digestion, and in the

early stages of the fever emaciation, the quantity of food must be increased, as there is a lack in quantity to supply waste going on in the tissue. Most authors agree that from two and a half to three and a half ounces every two or three hours is the amount required. Thompson says this estimate for uncomplicated cases is too low.

Milk may be given at times, treated as follows: Raw, boiled, diluted with plain water, lime-water, barley water, Vichy, Seltzer, Apollinaris, or it may be pancreatinized. Gelatin and gum arabic water may be added to dilute it. To disguise the taste, coffee and cocoa or a small quantity of pure fruit syrups may be added. Milk should always be boiled if diarrhea be present. Peptonized or pancreatinized milk is best if there be vomiting; if vomiting presists, matzoon, kefir, or koumiss may be given for a short time. The diet may be changed for a day or two at a time to animal broths, as chicken, beef, mutton, clam, etc., or the light farinaceous foods, as gruels, custards, egg-nog, Mellin's or Nestle's Foods, junket, and cream. Egg albumen, bread jelly, calf's foot jelly are given. (See receipts for preparation of all above.)

During the period of liquid foods it is an excellent plan to allow the patient to chew some good brand of chewing gum; it gives the muscles of mastication something to do, and is a relief to the patient; it also produces a flow of saliva.

IN THIRST—Mild acidulated beverages will give relief; the juice of orange or lemon in many cases will do no harm. Cool water should be given in abundance, as it is necessary to wash out the waste. Ice in excess seems to increase thirst. Water should

not be given too near the time of feeding, on account of it diluting the gastric juices.

ALCOHOL.—Hungarian wines, claret, port, sherry, and Malaga may be given as stimulants along with whisky and brandy as needed; they may be diluted with milk, soda, or seltzer water. If there be vomiting, dry champagne is found to give relief.

During the convalescent period a little alcohol should always be given with the food.

I here give a table of foods (by Thompson in his Practical Dietetics) to be given for the first ten days of convalescence:

First Day.—Chicken broth thickened with thoroughly boiled rice, milk or cream toast, once only during the day.

Second Day.—Junket, mutton broth, and bread crumbs, milk toast. A piece of tender steak may be chewed but not swallowed.

Third Day.—A small scraped beef sandwich at noon. A soft cooked egg or baked custard for supper.

Fourth Day.—The soft part of three or four oysters, meat broth thickened with beaten egg, cream toast. Rice pudding or blanc mange and whipped cream or Bavarian cream.

Fifth Day.—Scraped beef sandwich, a tender sweetbread, bread and milk, a poached egg, calf's foot jelly.

Sixth Day.—Mush and milk, scrambled eggs, chicken jelly, bread and butter.

Seventh Day.—A small piece of tenderloin steak, or a little breast of boiled chicken, bread and butter, boiled rice, wine jelly, sponge cake, and whipped cream.

Eighth Day.—A slice of tender rare roast beef, a thoroughly baked mealy potato served with butter or mashed with cream. Other foods as before.

Ninth Day.—A little broiled fresh fish for breakfast, beefsteak at dinner. Rice, macaroni, eggs, sago, rice or milk pudding, a baked apple.

Tenth Day.—Mush and milk, a squab, breast of partridge or roast chicken. Other foods as before.

The above may be given after the fever subsides. It is well to continue milk diet until it is gradually replaced by solid food. If the fever should rise above 100°, go back to liquid diet. Sometimes there is a "starvation fever"; if this is present, the patient will be emaciated and is in need of strengthing foods, which should be given as rapidly as possible.

WHOOPING COUGH.

When paroxysms of coughing give rise to vomiting through their severity, sometimes it will be found that this cough is irritated by taking foods not easy of assimilation. In these cases it is best to give food often at regular intervals and in small quantities. Partially digested milk preparations, farinaceous foods malted, cream toast, egg raw and soft cooked. Stimulants, as eggnog, albumen of egg in sherry. In bad cases sometimes nutrient enema is required.

DIET IN NERVE DISEASES.

(A. W. HURTER, A. M., M. D.*)

CEREBRAL APOPLEXY.

Soups, Liebig's Food, beef juice, panopepton, predigested milk are the common and most indispensable articles of diet to be used, as foods of semi-solid or solid nature are absolutely contra-indicated in the lowered vitality superinduced by the acute condition of this disease.

CHOREA.

Here the diet should be nutritious and easily assimilated, and contain plenty of fatty matters in the form of cream and butter.

EPILEPSY—GRAND MAL; PETIT MAL.

Milk, fish, green vegetables, and suitable fruits, with a small amount of starchy stuffs, but it is incumbent upon the patient to dispense with meats as much as possible, as they only serve to increase, after digestion, the explosive states of the cortical cells in the brain.

GOITRE, EXOPHTHALMIC.

Learned authorities in this country as well as continental Europe have agreed upon a regimen of diet consisting of careful tonic upbuilding, easily digested food particles. Eggs, toast, whey, junket. Carlsbad water to neutralize stomach acidity. Rare beef, fish, and soups head the list, avoiding all fatty and starchy elements.

* Department of Nervous Diseases, New York Polyclinic Hospital and School.

HYSTERIA.

In the profound bedridden and paralytic forms of hysteria the Weir-Mitchell rest cure and diet menu stands pre-eminently first. This consists of keeping patient in recumbent position in a good bed; the diet to be, at first, entirely of milk, four ounces every two hours. Skimmed milk is the best; it may be diluted in the various ways, or be peptonized. After a week or ten days this may be added to, as a chop and a cup of cocoa or coffee, with toast or biscuit at midday. As the patient recovers, the diet may be increased

MULTIPLE NEURITIS.

In the alcoholic and fermentative forms of this well-known complaint the physician should always impress upon the patient the necessity of using a bland restricted diet.

MELANCHOLIA AND MANIA.

In all varieties of these two mental conditions great improvement often follows upon a determined plan of overfeeding by the physician, six cups of custards, six pints of milk, rolls of chopped meat being the daily dietary in all asylums of recognized worth.

NEURASTHENIA.

Dana writes: "The diet of neurasthenics, according to the views of most American physicians, should be chiefly a nitrogenous one, and my directions are that the patient can eat meats, fish, eggs, green vegetables, and fruits."

Milk can be given where it is tolerated. In some lithemic patients the best results are obtained by almost entirely eliminating meat from the diet, and substituting milk, vegetables, and fruits.

As a general rule tea, coffee, tobacco, and stimulants of all kinds must be avoided.

Good digestion is important, and as a fixed table I think none would answer the purpose in the general run of cases better than the one in gastritis.

NEURALGIA—HEADACHE; MIGRAINE.

The auto-intoxic, gastric, hepatic, and intestinal forms must be rectified by the elimination from the diet-table of carbohydrates, and the administration, on the other hand, of nitrogenous foodstuffs.

TRI-FACIAL NEURALGIA—TIC DOULOUREUX.

Mastication provokes the pains, and the food must necessarily be liquid in character.

TETANUS AND HYDROPHOBIA.

In these affections the regular routine rectal diet becomes imperative as the disease progresses.

AFTER SURGICAL OPERATIONS.

DIET AFTER ABDOMINAL SECTION.*

During the first forty-eight hours nothing whatever is given the patient except water, and this is withheld for twelve hours, or until the anesthesia nausea passes away.†

At the beginning of the third day a purgative is administered, either a saline or one-grain doses of calomel every hour until four grains are taken. The action of the bowels is aided by enemata. As soon as the bowels have been moved, the patient receives from one to two ounces of clear chicken broth or buttermilk, as individual taste may indicate. This is given in small quantities, gradually increased, every two or three hours.

On the fourth day semi-solid food is given, and after that day the usual diet of the house.

DIET IN GENERAL SURGERY.

About the same rules are applied to diet in general surgery as those in abdominal surgery, excepting that the care as to the time of first giving of food after operation need not be so closely followed.

Dr. Vance‡ suggests buttermilk as the ideal food; egg albumin, broth, meat jellies, etc., to follow until regular diet has been resumed.

* Prepared by Lewis S. McMurtry, A. M., M. D., Professor of Gynecology and Abdominal Surgery in Hospital College of Medicine, Louisville, Ky.

† If the patient craves water soon after the operation the mouth may be sponged out. When water is allowed it must be in *very small* quantities at first. If thirst be very intense, a pint of warm water may be thrown into the rectum.

‡ Dr. Ap Morgan Vance, Louisville, Ky.

DIET AFTER OPERATIONS ON THE FACE.

For the first twelve hours after operations on face, neck, in the oral cavity or throat, nothing should be given but water, and this in very small quantities. After this time has elapsed, liquid food may be given, the administration of same to extend over a period of at least three days, or until we are positive we have a union firm enough not to be affected by effects of mastication or deglutition; continue a semi-solid food for a few days longer, when the patient may be placed on the regular house diet.

After operations on the eye a liquid diet should be given for from thirty-six to forty-eight hours, this followed by the regular house diet.

METHODS OF COOKING.

The methods of cooking ordinarily used are roasting, baking, boiling, simmering, stewing, broiling, frying, and sautering.

Roasting—Is a process by which a substance is cooked by the direct heat of a fire without the interposition of utensils, and generally in the open air. This method is seldom used at present, baking being substituted for it.

Baking—Is that process by which a substance is cooked by heat in an oven, the temperature of which should be about 400° F. (in most articles).

This of all cooking requires the greatest of care and constant attention in detail. In baking meats, you should at short intervals baste the article cooking with its own dripping, which collects in the pan. This allows some of the juices to be taken up, and also prevents a hard crust from forming on the outside.

Boiling—Is the most abused of all methods of cooking. To boil properly, the fire should be clear, and after the boiling has commenced the vessel should be separated from the direct heat by the interposition of stove covers, so that the liquid shall only have a very gentle, regular movement, with slow steam gen-

eration; this, of course, gives slow evaporation, consequently the aroma is saved. Rapid boiling should be avoided.

Simmering—Is to boil slowly. (In most cases this is the proper way to boil.)

Stewing—Is that process by which the substance is placed in a small portion of fluid and cooked by slow boiling or simmering.

Broiling or Grilling—Is that process by which the substance is acted upon by the direct heat of the fire, with only the interposition of a gridiron. To broil, the fire should be bright and entirely free from smoke.

It is preferable to broil before a fire rather than over it. In the former way the juices may be saved. If meat be broiled over a fire, these juices fall into the fire and ignite, giving a smoky flavor. The substance being broiled should be turned frequently, so that it may be cooked evenly.

Frying—Is in the true sense boiling in fat. This is the least wholesome of all kinds of cooking. To fry, the temperature of the fat should be raised to 400° F. If a substance is fried at this temperature it can not absorb, for the moment it is dropped into the fat the intense heat of same closes the pores.

Sautering—Is that process by which a substance is cooked in a frying-pan or skillet with just enough fat to cover the bottom of pan. The fat must be hot.

MEAT TEA, SOUPS, AND BROTHS.

In cooking meats there are two objects which we should have constantly in view: either to *retain* or *extract* the juices which contain the substances that are of the greatest value as food.

In the preparation of soups, broths, and meat teas, the object is to extract from the meat as much of these nutrient juices as is possible. If boiling or hot water is used it will coagulate the albumin on the surface of the meat, and so retain the nutrient qualities within the meat. Then you can readily see cold water should be used.

Take *uncooked* meat, remove all fat and skin, and shred meat by one of the various methods; add to this bone that has been thoroughly mashed or broken (the marrow within the bone contains much nutriment); now add *cold* water (the water should be *soft*) and a little salt; let this stand for an hour or more, when the water will be found to have turned red and the meat gray. This then should be placed in a jar with a close-fitting lid, or be tied over firmly with paper; the jar is then placed in a saucepan of *cold* water, which should be allowed to reach the boiling point only, then keep it simmering for one hour. Much success depends upon the cooking and skimming; the latter should be done often during the process of cooking. Never allow the contents of the jar to reach the boiling point, for this hardens the albumin and renders it indigestible. Usually one pound of clean lean meat to a quart of water is the proportion.

The preceding is the ideal way to prepare meat teas. For soups and broths go through the same routine, allowing them to cook six to eight hours instead of one.

A little sugar added to water renders it soft.

It is preferable to prepare your own meat teas rather than to depend on the various extracts on the market.

Oyster Tea.—(Mary Boland.) Select eight fresh oysters, chop them fine in a chopping tray, then turn them into a saucepan with a cup of cold water; now set on fire and let come to boiling point; then simmer for five minutes; strain and season to taste. Serve hot with pieces of toast or crackers.

Oyster Juice (raw) and Milk.—To a glass of milk add three tablespoonfuls of oyster juice. Season to taste.

Clam Juice (raw) and Milk.—Prepare as oyster juice.

Clam Water.—Thoroughly scrub the shells of, say, one and a half dozen clams. Put them in a covered kettle, and cook with three or four tablespoonfuls of water until the shells open. Remove and strain liquor through cheese cloth doubled. Season and serve hot.

Clam Broth.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute; the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

Mutton Tea.—One and a half pounds lean mutton, one pint cold water, one-half ounce pearl barley, a little salt. Wash and pick barley thoroughly; shred meat very finely. Put both into an enameled stewpan with cold water; let simmer for three hours, very slowly, removing all scum as it rises. Strain through a wire sieve, rubbing through a little of the barley; season to taste. Be guarded in this by what is allowed. If tea is allowed to get cold, the fat can be easily removed. Should you wish to use it hot, remove fat with kitchen paper.

Mutton Broth.—Two pounds of neck of mutton, one quart of cold water, one ounce pearl barley, one turnip, one carrot, one onion, a sprig or two of parsley, pepper and salt to taste. Cut the mutton in small pieces; put into an enameled stewpan, add cold water and salt; carefully remove scum after it has come to a boil. Have vegetables cut into small pieces; add them to the broth with the barley, which has first been washed and picked. Simmer gently for two hours, skimming frequently. It should then be strained and seasoned. It is better to let it get cold and remove fat, heating it again when needed. The parsley may be put in whole or chopped up, according to taste of cook.

Mutton Tea with Egg.—This is a very palatable and highly nutritious dish, and can be prepared by beating one egg thoroughly and adding about one fourth of a pint of the mutton tea. The tea should be made hot before adding. Serve hot.

Veal Tea.—This is not as nutritious as beef or mutton tea, but it is a change which is sometimes helpful. You proceed as in mutton tea, but, instead of adding barley, you should add, ten minutes before serving, a teaspoonful of arrowroot which has been mixed into a smooth paste with a little cold water.

Beef Juice.—Broil piece of steak slightly; extract the juice from same by pressing it in a lemon strainer or meat press; dilute juice extracted with water. Season to taste.

Beef Tea (raw).—Four ounces lean steak, two tablespoonfuls cold water. Shred beef finely; let it stand few minutes, say twenty, in the water, stirring frequently. Strain and serve.

Beef Essence.—(Yeo.) Cut lean beef into small pieces, place them in a wide-mouth bottle securely corked, then allow to stand for several hours in a vessel of boiling water. This may be given in teaspoonful doses to infants who can not take milk.

Beef Tea.—One-half pound steak, one-half pint cold water, a pinch of salt. Remove skin and fat from meat, and shred it very finely; put the shredded meat into a jar containing salt and water, and let it stand about two hours. Now cover jar closely and place it in a saucepan of cold water. Let water come slowly to boiling point and simmer slowly for an hour or more; strain through a coarse strainer, so as not to lose the small particles floating in tea. Remove all fat by skimming.

Chrysties' Beef Tea.—Macerate for one hour one pound of finely chopped lean beef in one pint of water containing fifteen grains of sodium chloride and five drops of dilute hydrochloric acid at 100° F. Filter through cheese cloth, and wash the residue with half a pint of fresh water. The filtrate is transparent, has not an unpleasant taste, and contains considerable amount of albuminoids. A child of two years may take two to three ounces daily.

Beef Tea and Barley.—One-half pint of cold water, one and a half ounces barley (pearl), pinch of salt. Wash barley thoroughly, put in cold water with salt; simmer slowly for three or four hours, removing all floating particles or scum. Strain through a wire sieve, rubbing a little of the barley through. Now add one-half pint beef tea, put on stove, let it come to boil. Remove all grease. Season and serve.

Beef Tea with Acid.—One and a half pounds beef (round) cut in small pieces, same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoonful of acid (or acid phosphate) to the pint.

Beef Tea with Oatmeal.—(Anderson.) Two tablespoonfuls of oatmeal and two of cold water; mix thoroughly; add a pint of good beef tea which has just been brought to the boiling point. Boil together for five minutes, stirring well all the time. Strain and serve. Very nutritious.

Beef Tea Custard.—One egg, one-fourth pint beef tea, a pinch of salt. Beat egg thoroughly; add to it while beating the beef tea and salt. Pour into a buttered egg cup; steam very slowly for fifteen minutes. This makes a palatable and nutritious preparation.

Mutton Tea Custard.—Prepare in same way you would beef tea custard.

Meat Extract Ice (according to V. Ziemssen).—One kilogramme (about 2½ lbs.) of fresh beef is cut into pieces the size of a hand, and is wrapped in coarse linen, then put into a press and slowly pressed; catch juice in a porcelain dish. This is mixed with 250 grams of sugar and 20 grams of fresh lemon juice (this should be omitted if to be used in dyspepsia), and .20 gram cognac, extract of vanilla, in which has been well stirred the yolk of three eggs. The whole is placed in a freezer.

Bottled Bouillon.—(Uffelmann.) Three hundred grams of fresh meat (lean) are cut into small blocks, and without any addition is put into a clean wide-mouth bottle. This is closed and placed in a vessel of warm water, slowly heated, and the water should be allowed to boil for a half hour. Remove bottle and draw off contents without straining.

Mutton and Chicken Broth.—(Osler.) Mince a pound of either chicken or mutton, freed from fat; put into a pint of cold water, and let stand in a cold jar on ice for two or three hours. Then cook three hours over a slow fire, strain, cool, skim off fat, season. Serve hot or cold.

Chicken Broth.—(Bartholomew.) Skin and chop up small a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoonful of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

Calf's Foot Broth.—One calf's foot, one quart milk, one pint cold water, one teaspoonful sugar, small quantity of salt. Prepare calf's foot by thoroughly washing and splitting. Put it into an enameled pan with milk, water, sugar, and salt. Stew slowly for five hours. Strain through a sieve; when cold, remove fat. When heated for use, season to suit; lemon juice can be added. It may be served as a sweet with sugar and lemon.

Fish Soup.—One fish medium size, one pint cold water, one small potato, one ounce butter, two leeks, one gill milk, one teaspoonful corn flour, one-half teaspoonful salt, pepper to taste. Remove scales and thoroughly wash fish. Cut into pieces and put into granite saucepan with cold water and salt. Let this come to boil and skim. Slice potato and leeks; parboil them. Boil up once, skim well, and cover with lid; let soup simmer slowly for one hour. The fish should now be put through a sieve, removing all skin and bones; now return to pan. Mix the cornflour with milk and add to pan. Stir until it comes to a boil. Add lemon juice or parsley to suit taste. Serve hot.

Sweetbread Soup.—(Hemmeter.) Sweetbread is soaked in cold water for one hour; water during this time is often renewed; then it is boiled in slightly

salted beef tea or salt water for one hour, to which may be added one teaspoonful of claret for improving the flavor. After it is cooked completely soft, it is taken out of the beef tea and freed from the skins, blood-vessels, etc. Now it can be cut in pieces the size of a walnut, which one lays on the soup plate and then pours over the beef tea, or the sweetbread can be forced through a fine sieve. If the last be resorted to, the beef tea is poured over the mass, and the whole is again placed on the fire until it boils, after which the soup may be served. The latter is rather recommended in cases of dyspepsia.

Brain Soup.—(Hemmeter.) A calf's brain is allowed to lie in water for one hour to draw out the blood contained in it; then the water is poured off, the brain is once more thoroughly washed, and cooked in weakly salted beef tea or salt water, with one teaspoonful of julienne, for one hour. Then immediately force it through a fine sieve, dilute the mush with beef tea, and cook again. In serving, the yolk of an egg may be added.

Nourishing Soup.—(Ringer.) Stew two ounces of best sago (well washed) in a pint of water until quite tender and very thick; then mix it with half of good boiling cream and the yolks of two fresh eggs. Blend the whole carefully with one quart of the essence of beef. The beef essence must be heated separately, and mixed while both mixtures are hot. A little may be heated at a time to serve.

Egg Soup.—One yolk of egg, one pint water, one-half ounce butter, two lumps of sugar. Beat yolk of

egg in the pint of water. Put in an enameled pan with butter and sugar. Keep beating until it boils and has a thick froth. Serve hot. It may be served cold.

Veal Cream.—One pound lean veal, one quart cold water, four pepper corns, one-fourth pound pearl barley, salt to taste. Cut veal in small pieces, wash and pick barley. Put into stewpan (enamel) with cold water. Cover tightly and let simmer until quantity has been reduced to one pint. Rub through a wire sieve; return it to stewpan to heat; salt to taste and serve. It should be then thickness of thick cream.

Meat Puree Soup.—(According to Hedwig Hehl.) Twenty drams of grated roll are cooked for one quarter of an hour with three eighths of a liter of bouillon. Stewed chicken meat is pounded fine, passed through a hair sieve, and 25 grams of it are stirred together with one teaspoonful of cream, or one teaspoonful of meat peptone; several spoonfuls of soup are added and beaten with the entire mass, and served without further cooking.

Cream Soup.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for one hour; then strain out onions and mace; the potatoes should by this time have dissolved in the stock. Add one pint of milk, mixed with a very little cornflour, and make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

Soup Containing Meat.—(According to Prof. M. Rosenthal.) Scraped raw beef is chopped fine, forced through a sieve; the mass, soft as butter, is thoroughly mixed with the yolk of an egg, and mixed in minute particles to a greater or less degree with boiling soup.

Meat Cure.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc., with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoonful of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking over slow fire, or on cool part of covered range, till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. Serve hot. Add for first few meals the softly poached white of an egg.

Apple Soup.—Two cups of apple, two cups of water, two teaspoonfuls of cornstarch, one and one-half tablespoonfuls of sugar, one saltspoonful of cinnamon, and a bit of salt. Stew the apple in the water until it is very soft; then mix together into a smooth paste the cornstarch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

Corn Soup.—Cut the corn from twelve ears. Boil the cobs in two quarts of water until the sweetness is

extracted; remove them and put in the corn, which should be boiled about forty minutes. Then add one quart of milk, two pounded crackers, butter size of an egg, pepper and salt to taste. Let it come to a boil again; take from the fire and strain.

Tomato Soup.—Boil together for ten minutes a quart of tomatoes and a pint of water, a little onion, a bay leaf, and half a teaspoonful of celery seed. Rub together a tablespoonful and a half of butter and three of flour; add the mixture to the soup, stir until boiling; add a teaspoonful of salt, a dash of pepper; strain, re-heat and serve.

Cream of Pea Soup.—(The Trained Nurse.) One can of marrowfat peas, cold water, two teaspoonfuls of sugar, one pint milk, one slice onion, two tablespoonfuls flour, two tablespoonfuls butter, one teaspoonful salt, a few grains of pepper. Remove peas from can and drain. Fill can with cold water, and add the water to the peas with the sugar. Cook until the peas are soft, and rub through a sieve. Scald the milk along with the onion; remove the onion, add milk to the peas, and bind with the butter and flour cooked together. Salt and pepper to be added with the flour. Serve with crisp crackers.

Puree of Split Peas.—One quart of split peas, three quarts of water, four or five pieces of celery, two pounds of salt pork, one large carrot, scraped, two onions, pepper. Wash peas, throwing out all which float on top of water; allow them to soak over night, then wash thoroughly again and drain; put them into a large stew-pan with three quarts of water, adding the celery,

carrot, onion, and pork. Let all boil very gently, stirring frequently; when the peas become tender, remove pork and rub soup through a hair sieve; then put the puree into a clean vessel, let it come to a boil, stirring it occasionally and seasoning it to taste. Cut the pork into small squares and add to the puree; when they are heated through, serve.

Puree of Green Peas.—Put a quart of fresh shelled young peas into sufficient boiling water to cover them, adding a little salt and a lump of sugar. Let them boil until quite soft, drain them, and press through a hair sieve. Now put pulp into a stewpan with three ounces of butter, and season to taste; stir whole over a fire until hot, and serve at once.

Puree of Fresh Beans.—Treat as you would green peas until after you have obtained the pulp. To this add a little good gravy, butter, and season to taste; stir over the fire until hot, and serve.

Puree of White Beans.—Soak one quart of white beans over night and drain off water and put them with six ounces of ham into a stewpan, adding a bunch of parsley, one onion stuck with four or five cloves, and one carrot; pour over this two quarts of (cold) water, and let come to a boil very slowly; skim. Now add two ounces of butter, cover and allow to simmer very gently for two hours; remove meat and all vegetables but the beans; press the remaining through a hair sieve. Put the pulp obtained into a clean pan, and thin with stock to the desired consistency. Boil again and skim, adding two ounces more of butter; season to taste. Serve hot.

Beer Soup.—Take a slice of bread one inch in thickness, fry in butter to a rich brown. Pour over it a pint of dark beer, stir thoroughly; salt and pepper to taste. It may be served with or without being strained, according to the case.

MEAT JELLIES.

Beef Tea Jelly.—Half pound steak, half pint cold water, one teaspoonful isinglass or gelatine, a little salt. Prepare same as beef tea, except add the isinglass or gelatine to mixture. When done, strain into molds. When cold it is ready to serve; season to taste. This is a fine food where hot beef tea can not be taken.

Meat Jelly.—(Hipp.) Good beef, free from fat and bones, is cooked on the water-bath with a little water for sixteen hours, until it congeals into a jelly. Season, cool, serve.

Chicken Jelly.—(Adams.) Clean a fowl that is about one year old, remove skin and fat; chop fine, bones and all, in a pan with two quarts of water, heat slowly, skim thoroughly, simmer five or six hours, add salt, mace, or parsley to taste. Cool.

Beef Jelly.—Fresh vegetables boiled with quantity of water. Beef is boiled with this and cooled; season to taste, pour into cups, and freeze.

Calf's Foot Cream Jelly.—Two hind feet of calf, three quarts of water, one pint cream, two tablespoonfuls of brandy, sugar. Allow the feet to simmer in the water until thoroughly done; drain off liquid,

and, when it is cold, remove all fat. Add to this the cream, sugar, and, if so desired, ratafia may be used. Boil thoroughly for five minutes, stirring all the time. Strain and add brandy. Stir occasionally, and, when nearly cold, pour into moulds.

Jelly.—(Wiels, for dyspeptics.) Take off skin and meat from a calf's foot, mash the bones, and put on the stove with some cold water until it is heated to foaming, when all refuse will be separated. After rinsing off the scum with cold water, put the bones with one fourth of a kilogramme (about one-half pound) of beef, or one half of an old hen, and one and one quarter liters (about one-half pint) of water, five grammes of salt, and boil slowly for four or five hours; pour the jelly thus formed through a fine sieve, and place over night in the cellar. Next morning take off the layer of fat, and to clarify the cold jelly add one egg with the mashed shell, and mix with steady beating and stirring. Then subject the whole to constant heating to a temperature of not over 167° F. (or else the white of the egg will curdle.)

If the jelly begins to show grains, cover and let cool until the egg becomes flaky and separates itself; hereupon strain a few more times until it is perfectly clear, add five grams extract of meat, and pour jelly into moulds and let cool again. An addition of gravy from roast is very palatable. It must be mixed in while the mass is still warm and liquid. The dish is very palatable with cold fowl. It does not keep well in summer, and had, therefore, best be put on ice.

Meat Preparations.—Mosquera's Beef Meal, Mosquera's Beef Jelly, Benger's Peptonized Beef Jelly,

Daily's Fluid Meat, Somatose (powder preparation beef). All these foods have their places in the invalid's dietary, and are valuable adjuncts. They are sometimes mixed with breads, spread on bread, and seasoned to taste, added to gruels, milk, and milk preparations, eggs, raw and cooked, soups of all kinds, chocolate, cocoa, etc.

FISH AND OYSTERS.

Fish is a valuable article of food, being easily digested and nourishing if properly cleansed and cooked, and if it be in season. There are seasons of the year when fish is unfit for food. This, as a rule, can be detected at once by the semi-transparency and want of firmness of flesh. For the sake of clearness we will divide fish into two classes—the white and oily. In the white kind the oil is contained chiefly in the liver. This would naturally make the white kinds more easily digested. To supply the lack of carbonaceous matters lacking in the white fish, it is necessary to serve with them some starchy food, that the proper portion of heat-givers should be added to the flesh-formers they contain. The principal white fish are: Whiting, flounder, turbot, sole, plaice, cod, etc. The principal oily fish are: Salmon, mackerel, herrings, shad, etc. The texture of the flesh of the oily fish is coarse, dry, tough, and woolly, and the oils and fats are found throughout the flesh; these combined make the flesh indigestible.

Salted Fish.—The white variety contains but little nutriment, as a large portion is extracted in the curing process. This also hardens the fiber, and what

little nourishment remains is extracted in the soaking process always used before cooking. It is different in the fat or oily fish, as the fats are not removed.

Shell Fish.—To this class belong oysters,* clams, lobsters, crabs, etc. These are all very hard to digest, except oysters when eaten raw. The authorities suggest steaming or baking as the ideal mode of cooking fish, for by these modes all the nutritive properties are retained. In boiling fish only enough water to create a steam should be used (this, you see, is virtually steaming), for the flavor is lost if a quantity of water is used.

Boiled Fish.—Most authors in writing on this subject suggest the use of hot or boiling water. This is well in all varieties but salmon. The experienced cook says that cold water should be used in this case, as the skin of salmon is cracked by hot water. This makes but little difference, as it only spoils the appearance. As I have before said, little water must be used. The fins of fish contain a gelatinous substance, and should be added to the water. The water fish is boiled in makes a desirable sauce when properly seasoned, and this retains any nutriment that may have escaped. A small quantity of lemon-juice added to the boiling fish is said to keep it white and firm. In boiling fish there can be no set time. The best trial is when the flesh leaves the bones it is done.

Frying Fish.—This is almost an art, for a well-fried fish is never greasy. The fish should always

*Never serve oysters with any strong alcoholic drink, as it has a tendency to harden the oyster. Beer, ale, or stout rather aid in the digestion of the oyster. In feeding delicate stomachs, the hard part of the oyster should always be removed.

be coated with cracker or bread crumbs and egg, or sometimes a batter is used. I would suggest the first named. This method prevents the fats from soaking into the fish. The fish after being washed should be thoroughly dried; then apply cracker-dust. A deep vessel should be used, and enough fat to cover fish. This prevents risk of breaking coating of cracker-dust in turning. The fat must be almost boiling. The test for the proper heat is to throw a piece of bread into the grease; if it browns at once, the fat is ready.

Steaming and Baking Fish.—We will consider this in the receipts.

Fish Toast.—Take potted fish, spread on thinly-cut slices of bread from which the crust has been removed. Put in hot oven and brown.

Potted Fish.—One medium-sized fish, two ounces of butter; nutmeg, mace, anchovy, cayenne, and salt to taste. Remove all skin and bones, rub with salt; steam for fifteen minutes; rub up in a mortar with one ounce of the butter, put seasoning in; now press into moulds, melt rest of butter and pour over.

Fish Sandwiches.—Take potted fish and spread on buttered bread. The crust should have been removed from the bread.

Fish Cream.—Six ounces of raw fish, four eggs, one slice of bread, one teacupful of cream, salt and pepper. Remove all skin and bones; pound fish in a mortar. Have slice of bread one inch thick; soak it in boiling water. Put bread in a piece of muslin and wring out

as dry as possible; add this to the fish, with cup of cream; season. Have the whites of four eggs beaten stiffly; add them last. Pour into moulds, cover and steam for half an hour. A sauce should be made from the yolks of eggs and water in which the fins of fish have been boiled and butter. Serve with this.

Invalid Fish.—One small sole (filleted), yolks of two eggs, half gill of cold water, pepper and salt to taste. Simmer fish in water until tender; remove fish to hot dish. Stir the yolks into the hot liquor and place over the fire until it thickens. Pour over the fish and serve.

Fish Custard.—Half pound of cold fish, two eggs, half pint of milk, one ounce of butter, salt and pepper to taste. Parsley chopped may be added. Beat eggs well; add to them the milk. Have fish broken in pieces of moderate size; salt and pepper. Butter your moulds; fill the moulds three fourths full of fish. Fill up with custard. Parsley may now be sprinkled over this. Cover and steam until set. Serve hot.

Fish Pudding.—Three tablespoonfuls cold boiled fish, one fourth pint of milk, two eggs, pepper and salt to taste. All skin and bones should be carefully removed. The fish should then be broken in very small pieces. Season to taste. Now beat eggs well; add the milk and fish thoroughly beaten. Steam in buttered mould for half an hour.

Fish Pudding and Toast.—Prepare same way as for fish pudding, allowing it to cook but five minutes. Serve on squares of toast. Nutmeg, mace, or anchovy sauce may be added.

Broiled Smelts.—Split down the backs and clean; remove backbone. Rub each fish with a little olive oil (pure), sprinkle with salt and pepper. Broil on a double broiler for two or three minutes on each side.

Peptonized Oysters.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing-tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint of milk is added, and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling point, strained, and served. Gelatine may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

Oysters a la Blanche.—Six oysters, fine bread-crumbs, lemon, cayenne, a little butter. Remove the hards; place them in a flat dish; sprinkle with cayenne pepper and a little lemon peel grated; strain a little of liquor of the oysters over them and cover with fine bread or cracker crumbs. Add a little butter and put in oven to brown. When crumbs are brown, the dish is ready to be served.

Curled Oysters.—Cook oysters in their juice for about five minutes, adding one-half teaspoonful of salt to a pint of oysters. Drain, dash on a little pepper, and season with butter. Serve on toast that has been dipped in scalded milk and seasoned with salt and butter.

Broiled Oysters.—As many oysters as wished—they should be select. Wash, drain, and dry between towels. Dip each oyster in melted butter or olive oil seasoned with pepper; cracker-dust may be added. Place on a fine wire broiler, previously buttered, and broil over a clear fire until juice flows, turning.

Oysters and Toast.—Broiled oysters may be served on toast, dry or creamed.

MEATS, POULTRY, Etc.

The value of meat as a food varies with age and kind of animal. The fat of meats is the force-producing, heat-giving principle; fat is necessary to the economy of man, but in many instances must be restricted on account of impairment of the digestive functions. Lean meat contains larger proportions of flesh-forming material, more saline or mineral matter, than fat meats. There is more nourishment in roasted meat than boiled, as can readily be seen, as the water would naturally extract a certain amount of the nutrient juices. *Beef* is the most highly nourishing and strengthening of animal food. *Wether Mutton* is more digestible; this makes it a desirable invalid food, especially to those with weak digestive organs. *Lamb* is a light, wholesome food, but is more watery than mutton, consequently not so nutritious. *Veal* contains little fat, is less nutritious than beef or mutton, and much harder to digest; the deficiency in fats may be made up by their addition. *Pork* contains a great proportion of fats, more than beef or mutton; it is most difficult of all meats to digest; the

compactness of the muscular fibers is a great factor in this. *Pickled Pork* is more easily digested than fresh. Bacon is considered hard to digest by some, but my experience has taught me that if it is broiled crisp—that it shatters when touched—that it is perfectly digestible. *Tripe* is very nutritious and easily digested, but such organs as *heart*, *liver*, and *kidney* are very hard to digest, owing to the dense connective tissue of which they are made up. One author writes that kidney and liver should be well cooked, as there is danger of tuberculosis being transmitted, as tuberculosis in lower animals is generally found in those organs; especially is this so of the sheep.

Sweetbreads is the easiest of all portions of the animal to digest, and this forms an important article of diet in all diet-lists in all conditions.

Fowls.—Pheasant, partridge, turkey, pigeon, etc., are easily digested and very nourishing—the white meat more easily digested, and dark more nutritious. The muscular structure of the flesh of ducks and geese makes them harder to digest.

Rabbit is a nice food, but should be served with some fat to supply the deficiency.

Roasting or Baking Meat.—In baking meat, have the oven very hot, and keep up heat for ten minutes, then the temperature may be lowered. The intense heat at first seals up the pores by coagulating the albumin on the surface of the meat. If the high temperature of the first ten minutes was continued throughout the cooking it would render the meat tough and indigestible; this is why the temperature is lowered so that it will cook slowly. If you dredge

flour over the leanest part, this will help to retain the juices. Time allowed for cooking beef and mutton is fifteen minutes to the pound, and some suggest fifteen to twenty minutes over. Pork, veal, and lamb, twenty minutes to pound, and the same over that time.

Boiling Meats.—Never wash meat before cooking, as water extracts a certain amount of the nutrient material. In boiling meats for table use, *hot* water must be used, the object being to retain the juices by sealing the pores with heat; after the meat has boiled about seven minutes, take off scum that has arisen, and then add a cup of cold water; this is to reduce the heat; the vessel should be removed to a cooler part of stove, and then allowed to cook slowly or simmer; 170° Fahr. is about the proper temperature. Time allowed is about twenty minutes to every pound, and from fifteen to twenty minutes over. It is better to tie the meat rather than skewer it. In cooking salt meats always use cold water, as it extracts the excess of salt with it. Ham should be cooked from twenty to thirty minutes to the pound.

Broiling or Grilling Meats.—Requires a bright fire and a hot gridiron; frequent turning insures a better flavor. Never use a fork in turning, as it allows juices to escape through fork holes. Never salt meat before broiling, as the salt extracts the juices from the meats.

Stewing Meats.—Place the meat in a small portion of water, cooking over a slow fire.

Carving Meats.—There is an art in carving meats; little attention seems to be paid to this. If you would have a tender, easily digested piece of meat, always cut across the grain of the meat; in carving ham, roasts, etc., make your cuts very thin.

Stewed Kidney.—Take fresh kidneys, split them in half, trimming off all sinews and fat from the inside; cut into small pieces; cover with cold water and bring to the boiling point. Drain water away, and repeat operation three times. (Never let the water boil, for this would make the kidney hard.) Put into a small saucepan a tablespoonful of butter; when it is brown, add a tablespoonful of flour, and as it thickens add a pint of water, stock, or cream. Stir constantly, and season with Worcestershire sauce, a tablespoonful, or herb. Salt and pepper. Now put in kidney. Keep stirring until meat is thoroughly heated. Serve on toast.

Broiled Sweetbreads.—Parboil the sweetbreads, cut in halves lengthwise, roll in flour or cracker meal. Broil over a clear fire until brown. Season to taste, and add a piece of butter. Garnish with parsley.

Broiled Chops, Lamb or Mutton.—Cut two pieces of buttered paper the shape of chop, leaving an inch margin all around; after trimming chop, place between buttered paper, crimping edges of paper together so as to enclose chop; put on and broil. Season and serve chop after removing paper.

Calf's Brains Stewed.—One set calf's brains, one ounce butter, one gill of stock or water, one dessertspoonful flour, two tablespoonfuls cream, onion, pars-

ley, lemon juice, salt and pepper. Prepare brains cut into four pieces; put into granite pan with stock and parsley, which must be boiling. Simmer gently for one hour. Take out brains, strain stock, add butter and flour thoroughly mixed; boil for five minutes, stirring all the time. Now add brains with lemon, salt, and pepper; let simmer for five minutes; now add cream. Serve with sauce poured over them.

Pigeon Stew with Milk.—One young pigeon, one cupful of milk, one cupful of stock (white preferred), a few oysters; season to taste. Prepare bird in usual manner. Truss it, and put it into saucepan (granite) with the stock, milk, and seasoning. Let this simmer for half an hour. Strain off the liquor, putting bird on a dish; thicken liquor and add oysters; cook a few minutes and serve over the bird.

Stew for Invalids.—One-half pound of steak, one tablespoonful vinegar, pepper and salt, onion if cared for. Trim the meat of most of the fat; dip into the vinegar, seeing that both sides are thoroughly covered. Slice onion if it is to be used. Put all in a jar and cover closely; put this in a saucepan of cold water, and simmer for two hours. Serve to suit taste.

Stewed Mushrooms with Toasted Bacon.—One-half pound of mushrooms, four thin slices bacon, one gill stock, four thin slices toast, one-half ounce butter, salt and pepper. Prepare the mushrooms by stewing them very slowly in stock with butter, pepper, and salt, say about twenty minutes. Toast the bacon, place a piece on each piece of toast; put mushrooms on each, and pour over all the gravy.

Brain Cutlets.—One set of brains, cracker crumbs, salt and pepper, lard. Prepare brains by soaking in salt and water; skin and thoroughly clean. Drain in colander. Roll in egg and cracker crumbs, and fry to light brown in plenty of lard (boiling). Drain off grease, and serve with tomato sauce.

Baked Sweetbreads.—Three lambs' sweetbreads, one egg, two ounces of butter, bread crumbs. Prepare sweetbreads by trimming and soaking them in cold water for about two hours; then put them in boiling water, or, better, soup stock, and let them simmer gently for half an hour. Drain perfectly dry; roll in egg and crumbs, place in pan, cover with melted butter, bake for an hour in a moderately hot oven; they should be frequently basted. Serve garnished with lemon and parsley.

Beefsteak in Oil.—(Hemmeter.) From a well-hung fillet a piece as thick as a thumb is cut, all skin and fat removed, the same well pounded and salted. Then spread on both sides the finest olive oil, cover up well, and allow it to remain thus two hours. Thereafter put into a pan and fry without any other grease till it browns on both sides; the time necessary for frying varies from five to ten minutes, according to degree one wishes it done on inside.

Minced Meats (all kinds).—Remove all skin and fat from a quarter of a pound of raw meat; this should be minced finely; add a little salt and pepper if allowed. Put this in a jar and cover closely; stand this in a saucepan of hot water. The water must be kept simmering for two hours. Serve on squares of toast

NOTE.—Good when patient has difficulty with mastication.

Hamburger Steak.—Mix one pound of finely ground beef with two ounces minced suet, one tablespoonful finely chopped onion, one egg, one teaspoonful salt, a quarter teaspoonful pepper; form this into four flat cakes, and roll them in grated bread crumbs. Heat half teaspoonful butter in frying-pan; put in the steaks; fry from three to four minutes on each side; lay them on a hot plate; fry the remaining the same way; add half teaspoonful flour to the gravy, half a cup of water, and a pinch of salt. Cook until smooth; strain the sauce over the steaks and serve.

Ham and Toast with Poached Eggs.—Arrange some small slices of buttered toast on a hot dish; put a thin slice of broiled ham on each piece of toast; put a poached egg on the ham, and pour two tablespoonfuls cream sauce over the egg and serve. In place of toasted bread, muffins may be taken.

Ham Mousiline.—Chop and pound fine four ounces of ham, add four ounces fine chopped chicken meat from the breast; then press it through a sieve, add the yolks of four eggs, season with half teaspoonful of paprika, add last half pint thick whipped cream, measured before whipping; set this preparation for one hour on ice; butter six small mousiline forms and sprinkle them with fine chopped ham; set the mould ten minutes in cracked ice; set the form in a pan with a little water, cover with buttered paper, and place them in a medium hot oven to bake till they are firm to the touch. Serve with cream or deviled sauce.

Corned Beef Hash on Toast with Poached Eggs.—Toast some thin slices of bread to a fine

golden color; see that the toast is soft inside, then butter it, and cover one side of each piece with a thick layer of hash. Arrange them nicely on a hot dish, and set in a warm place. Place a large, deep frying-pan with boiling water over the fire, add half tablespoonful vinegar and half teaspoonful salt; when it boils, crack an egg, hold it close over the pan, and let it drop into the water; continue until the desired quantity is in the pan, taking care not to put in too many at a time, then draw the pan to side of stove, where it stops boiling. As soon as the white is firm, take the eggs with a skimmer carefully from the water, and place one on each piece of toast. Another way is to fry some breakfast bacon light-brown, and put one slice of bacon on each side of the poached egg.

Smoked Beef Omelet.—Beat six eggs with an egg-beater four minutes, add a pinch of white pepper; have ready two tablespoonfuls finely chopped chipped beef. Melt one tablespoonful butter in a medium-sized frying-pan, add the beef, stir two minutes, then add the eggs, stir well for few minutes, then let it rest a minute, or until the omelet is light-brown on the under side, then fold the omelet so the sides meet in the center, let it rest a minute, then turn it over on a hot dish.

Frizzled Beef.—Put half pound of chipped beef in a saucepan, add half cupful boiling water and one ounce butter, place the saucepan over the fire, cover and let boil three minutes, or just long enough to heat the beef, then serve.

Smoked Beef with Cream Sauce.—Take one-half pound chipped beef, put the beef in a saucepan, cover with boiling water, let it cook two minutes, then drain and chop fine; melt one large tablespoonful butter, add one tablespoonful flour, stir and cook two minutes, add three-quarters pint boiling milk and a little pepper, cook and stir to a creamy sauce; add the beef, stir and cook two minutes longer, then pour over six slices of buttered toast.

FARINACEOUS FOODS, Etc.

Rice, macaroni, vermicelli, maize, hominy, oatmeal, tapioca, etc., form part of this class of foods. We will take rice as the typical starchy food and discuss it.

Rice is almost a pure starch, and alone is of but little value as a food; by the addition of milk, eggs, or fat it becomes valuable indeed as a food; the same can be said of almost all farinaceous foods. A point to watch is how these foods are digested in invalids and children. The saliva should act on every grain of starch, so *all starchy foods should be thoroughly masticated or mixed with saliva.*

Boiled Rice.—Rice is generally spoiled in boiling, being reduced by this process to a gelatinous mass. To cook it properly, a considerable amount of water should be used for boiling it partially done, then drain off all the water that may readily separate from it. The moisture that may then adhere to the rice is, in further cooking, either evaporated or absorbed by the rice in swelling. The amount of time usually required to cook rice is thirty minutes.

Take—One-half pound rice.
Two quarts *boiling* water.
Two teaspoonfuls salt.

The rice should be carefully picked and washed clean, using, say, two cold waters; it should now be drained and added to the boiling water, adding salt. Cover it and boil *steadily* for fifteen minutes; the water should then be drained off, and the vessel containing it should be covered tight and placed into another vessel of boiling water, and cook it this way for ten minutes longer. Now remove cover and allow it to steam five minutes longer.

If this method is followed, you will have beautiful results and a food unequaled.

Gluten Porridge.—Is made by stirring the gluten into boiling water until thick enough, and then keeping up the boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, and it may be eaten with milk or cream.

Oatmeal Mush.—One-half cup coarse oatmeal, two cups of boiling water, one-half teaspoonful of salt. Add salt and oatmeal to boiling water. Cook in a double boiler three or four hours. Serve with sugar and cream.

Hominy Mush.—(The Trained Nurse.) One-half cup of hominy (fine), one pint of boiling water, one-half teaspoonful of salt. Add salt and hominy to boiling water, cooking one hour in a double boiler. It is sometimes necessary to add more water.

Rye Meal Mush.—One-half cup rye meal, one and a quarter cups of boiling water, one-half cup of cold water, one-half teaspoon of salt. Mix the meal, salt, and cold water. Add to the boiling water and boil five minutes. Cook in double boiler one hour. Serve with maple syrup.

Rice Cream.—(Food, Jan. 1894.) Two tablespoonfuls of rice, two cups of milk, one saltspoon of salt, two tablespoonfuls of sugar, two eggs. Cleanse rice by washing it several times in cold water; cook in a double boiler with milk until grains mash. Three hours will generally be required to do this. Should the milk evaporate, restore the amount lost. When rice is perfectly soft, press it through a coarse soup strainer into a saucepan, and return it to the fire, and while it is heating beat eggs, sugar, and salt together until very light. When rice boils, pour the eggs in slowly, stirring lightly with a spoon for three or four minutes, or until it coagulates and whole is a thick, soft pudding; then remove from the fire and pour into a dish. By omitting the yolks and using only whites of eggs, a delicate cream is obtained.

Imperial Rice.—(The Trained Nurse.) In a double boiler put one quarter of a cupful of washed rice, one quarter of a teaspoonful of salt, one inch of stick cinnamon, and one pint of milk. Cover and cook slowly until the milk is absorbed. Remove the cinnamon, add one scant teaspoonful of granulated gelatine soaked in cold water until soft. Set aside until mixture is chilled and begins to thicken, then add one quarter of a cupful of powdered sugar, one

teaspoonful of vanilla, one-half cupful of candied fruit cut fine, and one cup of whipped cream. Turn into wetted moulds and serve very cold.

Rice Pudding.—One and a half tablespoonfuls of rice, two tablespoonfuls sugar, a few grains of salt, a little of the grated rind of a lemon, one-fourth cup of milk. Mix. Pour in a buttered bowl and bake in a very slow oven for one and one-quarter hours.

Malt (ground) and Rice Pudding.—(Yeo.) Stir an ounce of ground malt into a pint of boiling milk, strain through a sieve, and add the milk to two ounces of well-soaked rice. Mix well, and stand for ten minutes in a warm place, then bake for an hour.

Baked Flour Porridge.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk, and stir into boiling milk to the desired thickness.

Tapioca Cream.—(Emma Jefferson in The Trained Nurse.) Three teaspoonfuls of pearl tapioca. Soak over night in cold water enough to cover it. In the morning add the tapioca to one quart of milk. Heat boiling hot, and stir in the well-beaten yolks of three eggs and two thirds of a cup of sugar; stir until it begins to thicken. Pour into a pudding dish and frost with the whites of three eggs and three tablespoonfuls of sugar. Brown lightly in oven. Flavor with lemon or vanilla.

Tapioca Cream.—One half teacupful tapioca, one-half teaspoonful vanilla, one pint milk, one-half pint cream, sugar to sweeten. Boil tapioca in the milk until done. Flavor with vanilla and sweeten to taste. When this is cold, whip the cream, and stir both until thoroughly mixed.

Macaroni with Cream.—Break macaroni in inch pieces until you have one half a cup. Cook in salted water until tender. Drain and pour over it one quart of cold water. Reheat in a double boiler with one third of a cup of cream. Season with salt.

Cereal with Fruit.—(The Trained Nurse.) Three-quarters cup wheat germ, one-half cup of cold water, one and a quarter teaspoonfuls of salt, two and a half cups of boiling water, one-half pound of dates (stoned and cut in quarters). Mix the wheat germ, salt, and cold water. Add to the boiling water and cook in double boiler thirty minutes. Stir in the dates. Wheatlet or wheatena may be used instead of wheat germ.

BREAD-MAKING.*

The making of good bread is one of the most difficult processes known in cookery, and demands the knowledge of a scientist, combined with the skill of the trained cook. The perfect loaf, a pleasure alike to eye and taste, can only be achieved through a thorough study of the materials entering into its composition, and the reason for such a combination,

*Jane E. Clemmens in Good Housekeeping.

and there must be also the knowledge gained from practical work, for in bread-making, as in every thing else, the old adage holds good, that "practice makes perfect."

The best flour for bread-making is made from the hard wheats. These wheats contain a large proportion of gluten, which gives to the flour a yellow tinge and a gritty feeling. Gluten is a nourisher of the blood and muscles, so flour containing it must be more healthful than the purely starchy flours; indeed, so high an authority on foods as Mrs. E. H. Richards, of the Massachusetts Institute of Technology, says, that "the bread made from fine flour, which is most tempting to the eyes and palate, may after all be the one best adapted to the needs and conditions of the human system." Gluten also possesses the quality of making a tough, elastic dough, a most important consideration when the dough is to be expanded by a gas, as in bread-making. A given quantity of flour, containing much gluten, will swell more on being moistened than do the other kinds; hence, although the first cost of the best bread flour may be a little more, it is most economical in the end.

The yeast in bread-making not only should but *must* be of the purest and best to insure success. Vague ideas exist in the minds of many as to what yeast is. It is a microscopic plant of the lowest order, and several varieties are known to scientists. Some of these are improved by careful cultivation, and these pure yeast cultures, sold as compressed yeast, when fresh and good are the best. Yeast, being a plant, is subject to the same laws of growth as other plants. Extreme cold and heat are alike fatal to it,

which explains the fact that when bread dough is mixed with too hot a liquid, or becomes frozen, it ceases to rise.

The most wonderful step in bread-making is the planting of the yeast in warm dough and the power which the yeast has in its growing to raise the mass, which it does in the following manner: The flour contains starch; the yeast in growing changes a portion of this starch to dextrine, a kind of sugar, and, continuing its work, the sugar is further changed to alcohol and carbon dioxide, a gas which puffs up the dough. This is alcoholic fermentation, and is the same process as that which makes all fermented liquors. If the process is stopped at this time, either by stirring the dough or by baking, the bread remains sweet, but, allowed to continue its course unchecked, after a time acetic fermentation begins, and sour bread is the result. The earnest learner will soon be able to detect the difference between the fragrant, pleasant odor of bread dough just right and the pungent, sour smell resulting from too long rising.

As to the wetting to be used in bread-making, each must be guided somewhat by circumstances. The most nutritious is made from all milk, and some, on account of expense, must use water alone; however, the preference in most cases is given to half milk and half water. With many of these a small amount of shortening seems to be a necessity, although its use is condemned by some teachers of domestic science. By its use the natural toughness of the dough is overcome and its nutritious quality increased. If all water is used the bread will require more shortening, but even then let it be something besides an inferior

quality of lard. A very small amount of sugar adds to the good quality of the bread, and supplies the loss of the natural sugar of the wheat.

In successful bread-making the liquid used should be at a temperature of 80° F., and lower even than this in extremely warm weather. Flour enough should be used to make a dough that does not spread but keeps its shape, and the more the dough is beaten the better will be the result. Instead of covering with a cloth, as most people are apt to do, use a closely-fitting cover, that no crust may form over the top during the process of rising, which must be accomplished in a room whose temperature at first is 70° F. and gradually falls to 60° F., or even lower. Do not, if it can be avoided, put the bread to rise standing with one side exposed to the heat from the range. With the temperatures indicated, the bread should rise perfectly on the kitchen table. After the yeast has done its work, the dough occupies more than twice the space that it did in the beginning, and if it can not be attended to at once, cut it through with a knife, thus forcing it to do the same work over again; but when it has risen the second time, have no further delay in kneading.

Kneading is a process not easily described. By it the dough is made tender and fine grained. The process is best learned by observation of some one skilled in the art, and by practice. The dough should be of such consistency that the merest dusting of the board and hands with flour will suffice. Too much flour added at this stage would make the finished loaf hard and dry. Divide the kneading loaf into halves, make each into a round shape, and put close together into a pan which would measure about nine inches

in length, three inches in depth, and five in width at the base and a little broader at the top. Cover this time with a towel, and let rise again until double its bulk, and if possible away from the range, as by so doing the bread will be finer grained, then bake at once. Baking kills the yeast germs and fixes the air-cells which are formed in the rising; it also dissipates the alcohol and carbon dioxide. Owing to the large amount of water contained in the dough, the temperature of the inside of the loaf does not rise above 212° F.; but the outside, from the greater heat of the oven, soon browns, or, in other words, the starch is changed to dextrine. The same change is seen in bread properly toasted. In the process of digestion all starches must be similarly changed, so the importance of thorough baking is apparent.

The fire should be sufficient to last through the entire baking, and the oven should be hot enough at first to puff the dough and partially brown it within fifteen minutes. Turn the loaves while in the oven several times, that they may rise evenly, and when well browned much decrease the heat, cover with thick brown paper, and bake forty-five minutes; then remove from the pans and cool uncovered as quickly as possible. If a soft crust is desired, rub the loaves while hot with a little butter folded in a piece of clean cloth.

Bread is commonly made with yeast, because that raised with prepared powders does not keep well; it very soon becomes hard and dry, though sweet and white when perfectly fresh. Daily baking becomes an irksome and endless task to the housewife, though no doubt she would rather do it than follow the example

set in German and Swiss farmhouses, where "baking day" comes but once in three weeks. The home bread-maker who prefers her own yeast has an extra chance for success, with very little extra trouble, and then she need only bake once or twice a week. Bread is best kept in an earthen jar with a close cover, which should be washed, scalded, and dried in the open air twice a week. The following recipes have been well tested, and if carefully followed good bread will be the result:

Yeast.—Boil six medium-sized potatoes and mash them very fine. While the potatoes are boiling, tie one teacupful of fresh, lightly-broken hops in a little bag and let boil for half an hour in two quarts of boiling water. Mix one pint of sifted flour, one teacupful of sugar, and one tablespoonful of salt together well in a large bowl, and pour on the boiling hop-water, stirring constantly. Thin the mashed potatoes by adding sufficient of the liquid mixture to make it of a consistency to pour into the bowl, holding back the bulk; strain it through a sieve; when cold, add one cupful of baker's yeast dissolved in a little warm water. When partly light, stir it down two or three times in as many hours, and at the end of that time it will be light. Keep it in glass jars well covered, or bottle it.

One Loaf of Bread.—Boil three-fourths cup of milk and melt in it one tablespoonful of lard or butter, then add three-fourths cup of water, one-half teaspoonful of salt, one small tablespoonful of sugar, and one-fourth cake yeast, softened in water to cover. Beat and stir in gradually and thoroughly from four

to five cups of sifted bread flour. If it is desired to raise the dough quickly, use double the quantity of yeast, and make a little thicker with flour, as rapid rising thins the dough.

Afternoon-Tea Bread.—Take one cup of milk, one teaspoonful each of butter and sugar, one-fourth yeast cake, one saltspoonful of salt, flour, and the white of one egg. Warm the bread bowl and spoon; scald the milk and allow it to cool; sift the flour. Butter the bowl and add the warm milk; melt the butter, and dissolve the sugar, salt, and yeast in it; sift in the flour until a stiff dough is made which does not stick to the bowl. Beat well. Cut the beaten white of the egg into the dough carefully. Cover the bowl with a towel, and allow the dough to rise until twice its size. If the temperature is 70 degrees Fahrenheit, it will take an hour. Cut the dough down and beat well. Shape into a loaf, rolls, or biscuits. Allow them to rise until twice the size. Bake in a hot oven.

Rye Bread.—Take two quarts of wheat flour, two pounds of rye flour, a little salt, and one-fourth pint of good yeast, with water enough to form into a stiff dough. Let it stand in a warm place three hours, then bake three hours.

Whole-Wheat Bread.—Scald one cupful of milk; add one cupful of water, one teaspoonful each of salt, sugar, and butter. When this is lukewarm add one fourth of a yeast cake, dissolved in one half of a cupful of lukewarm water, and enough whole wheat flour to make a thin batter. Have this done by six o'clock, and set in a warm place until ten o'clock. Add

enough flour to make a soft dough, kneading well. Let it rise until morning; then stir down and pour into well-greased pans, and let it rise half an hour. Bake one hour in a moderate oven.

Salt-Rising Bread.—To one teacupful of milk add enough boiling water to bring it to blood temperature. Add a little sugar and salt, one tablespoonful of Graham flour or cornmeal, and two tablespoonfuls of wheat flour; mix well, and set to rise by placing the bowl in warm water. Should water show on top, sprinkle in a little water and stir; mix as other breads. Put in pans and let stand until light. When risen enough, bake as quickly as possible, and, when done, brush the crust with butter.

Rolls.—Boil one pint of milk, and melt in one-fourth cup of butter, then add one-half teaspoonful of salt and one tablespoonful of sugar. When cool enough, add one-half cake of yeast, softened in water to cover; then stir in gradually from four to five cups of bread flour. Raise the same as bread. After being risen this dough can be shaped in a variety of ways. Folded rolls can be made by rolling the dough, after kneading, one-half an inch thick, then cut into large or small rounds. With the fingers draw these rounds out to an oval shape; spread all over with melted butter, and then double evenly together. Place on the pan two inches apart. Biscuits can be made by cutting off small pieces of the dough after kneading, rolling lightly in the palms of the hands until round, and then putting close together in the baking-pan. Rolls need a hotter oven at first than bread, and should bake from fifteen to twenty minutes.

Gluten Bread.—Less yeast is required than with starch flour, and less time in the raising process. Very sour or old yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teaspoonful of good butter, one-half cake of any fresh dry hop-yeast, or one fifth of a two-cent cake of compressed yeast beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough is formed—about the consistency of a baking-powder biscuit. Put in pans to raise, and, when light, bake in a hot oven.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make batter much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking powder. Stir in two or three ounces good butter.

Gluten Gems.—Put the batter prepared as above in very hot, well-buttered gem pans, and bake without burning in quick oven. It takes somewhat longer to bake these than other gems.

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to thickness of pasteboard. A little salt may be added if desired. Cut in any form, and bake to a delicate brown.

Hard Graham Rolls.—About two thirds of a pint of *very* cold water is added to a quart of graham flour (pure); mix to a stiff dough, then pound as for beaten

biscuit for a half hour or more. Roll out and cut into biscuit shapes; place them in a pan a little distance apart; prick with a fork. Bake in a hot oven.

Boston Brown Bread.—One pint of milk, one pint of cornmeal, half pint of ryemeal or graham flour, a scant half cup of New Orleans molasses, one scant teaspoonful of soda, one teaspoonful of salt. Mix cornmeal, rye flour, and salt together; thoroughly dissolve soda in a little milk, then add rest of milk. Now add to the flour the molasses, milk, and soda. Stir all this well together, keeping it free from lumps; pour this into a double kettle which has been previously buttered. Have water boiling. Boil for four hours, never allowing it to cease. Now take bread out, and bake it in the oven for twenty minutes.

Brown Bread and Cream.—Take a slice of brown bread, cover it with cream, and sprinkle with a little sugar.

Bread of Corn and Rice.—One-half pint cornmeal, one pint of cold boiled rice, one-half pint of milk, one egg, half teaspoonful of salt, piece of butter the size of a walnut, one teaspoonful of baking powder. Mix cornmeal, sugar, salt, and baking powder together thoroughly. Pass rice through a sieve, and add to it the milk, egg, and butter (melted). Now stir in the cornmeal, etc., and put in oven.

Zwieback.—Take a rusk, slice it in half-inch slices, put slices in a very slow oven, and allow them to remain until they attain a deep golden-brown color. This is best done in a brick oven; consequently zwieback furnished by bakers is the best.

Sippets.—Cut slices of bread thin about one inch wide and three to four inches long. Put in oven and toast them carefully until they are of a golden color. Serve on hot plate.

Soup Sticks.—Dissolve one-half teaspoonful of salt and one tablespoonful of sugar. Soften two tablespoonfuls of butter in a half pint of hot milk. Mix the above ingredients, and let stand until luke-warm; put in one fifth of a cake of yeast (first dissolve if it is compressed), add the white of one egg, well beaten, and flour enough to make dough slightly softer than for ordinary bread. Let this rise over night. Cut this in small pieces, and roll out into long slender sticks, say six inches long and a half inch thick. Place them in buttered pans, say two inches apart, and put them in a warm place for one hour to rise; then bake fifteen to twenty minutes. Bake in a moderately hot oven.

Egg Rusks.—One quarter of a pound of butter, one pint of milk, seven eggs, three ounces of sugar, one gill of yeast flour. Warm the milk and melt the butter in it; break up the eggs well, and add to them the sugar and yeast, adding sufficient flour to make a soft dough; then sprinkle a little flour over the top, cover it with a cloth, and put it in a warm place to rise. As soon as the dough becomes light (which will take from one and a half to two hours), work it down, cover it again, and let it rise for another hour. Then work it down for the last time, and form it into round cakes size of an egg; place these closely together in a buttered baking-tin, let them stand for ten minutes, and then put them in a quick oven. Twenty minutes will

be sufficient time to bake them. Pass a brush dipped in milk over them a few minutes before removing them from the oven.

Sponge Rusks.—Take sponge cake; this must be stale. Cut in slices about one quarter of an inch thick and one inch wide; put them on a gridiron, and put in slow oven until pale brown and very crisp. They will keep for several days if kept in close tin.

Diet Bread.—Three eggs, one ounce of sugar, one teaspoonful of baking powder, one and a half ounces of flour, a little grated lemon rind. Pass sugar and flour through a sieve into a bowl; break into this all the eggs; whisk until the mass is like cream; add grated lemon rind. You should bake this in shallow tins, and they should be lined with greased paper. Bake about three quarters of an hour in moderate oven. This may be baked in flat tins, and have jam spread between.

Soup Roll.—(According to Hedwig Heyl.) Thirty grams of grated roll are toasted with ten grams of butter, without coloring the latter; three eighths of a liter of bouillon is poured over and slowly boiled for a half-hour. The yolk of an egg is beaten up with a tablespoonful of sweet or sour cream, and then put into the soup, and the latter is passed through a sieve upon the previously warmed plate.

Soup Biscuit.—(Hemmeter.) Forty grams of butter are stirred for a quarter of an hour, afterward mixed with two whole eggs, a little salt is added, and at least forty grams of flour. In order to make

the mass rise more easily, one can add three grams of baking powder (consisting of bicarbonate soda and tartaric acid). A long, square sheet-iron mould is rubbed with butter; the mass is put into it, and baked in the oven with moderate heat for a half-hour. When the mass is cooled off, it is taken out, cut into blocks, and can then be added to the various soups.

Aleuronat Bread.—(According to Dr. Huth, Aerztl, *Centralbl.*) Mix five hundred grams of aleuronat flour and one thousand three hundred grams of rye flour. Mix one half of this mass with one liter of warm water, two good teaspoonfuls of salt, and one hundred and eighty grams of yeast finely divided in a little water; set this dough, sprinkled with a little flour, to rise. After the usual rise, the dough is worked up with the remaining flour into loaves. These are baked in square pans rubbed with butter; after letting them rise well once more, they are baked for two hours with strong heat.

Sponge Drops.—(Emma Jefferson, in the Trained Nurse.) Beat together three eggs and one and a half cups of sugar. Add one-half cup of cold water when they are light, and two cups of flour, in which sift one teaspoonful of cream of tartar and one-half teaspoonful of saleratus. Flavor with lemon. Drop, in teaspoonfuls, into buttered muffin-cups, and bake in quick oven.

Almond Cakes for Diabetes.—(Seegen.) Take of blanched sweet almonds one quarter of a pound; beat them as fine as possible in a stone mortar; remove sugar contained in the meal by putting meal into a linen

bag and steeping it for a quarter of an hour in boiling water acidulated with vinegar; mix this paste thoroughly with three ounces of butter and two eggs. Next add the yolks of three eggs and a little salt, and stir well for some time. Whip up the whites of three eggs and stir in. Put the dough thus obtained into greased moulds, and dry by slow fire.

Peptonized Milk Toast.—Over two slices of toast pour a gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm, or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

GENERAL RULES FOR COOKING.

FRESH VEGETABLES.

Summer vegetables should, if possible, be cooked on same day they are gathered. In boiling them they should be put in enough boiling salt water to cover them, and boiled steadily until done; should the water need replenishing, use boiling water only. The vessel must be kept covered; care should be taken not to boil too long, for this makes them watery, though they must be done. If the water has boiled a long time before vegetables are put in, it loses all its gases, and the mineral ingredients are deposited, leaving it flat and tasteless, and the vegetables will not have bright color nor fine flavor.

Dried Peas, Beans, and Lentils.—These all contain nitrogenous substances, and are valuable as foods.

They require good cooking. The skins or shells are hard to digest, and should be rejected. Dried beans, peas, etc., should be soaked over night in cold water, then they should be spread out for a day to dry; during this drying process a change takes place which changes the starch into sugar. This insures better digestion. Butter added to water while cooking is said to soften them. If to be used as vegetables, use hot water; if as soup, use cold water.

Time-Table for Cooking Vegetables.

Potatoes, old, boiled,	30 minutes
Potatoes, new, baked,	45 minutes
Potatoes, new, boiled,	20 minutes
Sweet potatoes, boiled,	45 minutes
Sweet potatoes, baked,	60 minutes
Squash, boiled,	25 minutes
Squash, baked,	45 minutes
Shell beans, boiled,	60 minutes
Green peas, boiled,	20 to 40 minutes
String beans, boiled,	1 to 2 hours
Green corn,	25 to 60 minutes
Asparagus,	15 to 30 minutes
Spinach,	1 to 2 hours
Tomatoes, fresh,	1 hour
Tomatoes, canned,	30 minutes
Cauliflower,	1 to 2 hours
Cabbage,	¾ to 2 hours
Dandelions,	2 to 3 hours
Beet greens,	1 hour
Onions,	1 to 2 hours
Beets,	1 to 5 hours
Turnips, white,	¾ to 1 hour
Turnips, yellow,	1½ to 2 hours
Parsnips,	1 to 2 hours
Carrots,	1 to 2 hours

CANNED GOODS.

A word about the appearance of the cans: If the ends are convexed or bulged out, do not use it, for this usually means fermentation has been going on in the can; but if the reverse, the ends are sunken or concaved, you may know the contents to be wholesome. (The rule of bulged ends does not apply to condensed milk.) Upon opening the can, pour the contents immediately into a glass or porcelain dish; never let contents stand in the can, as there is a chemical action of air upon the tin, often causing sickness.

Canned Fruits.—Should be placed in an open glass or porcelain dish and set in the refrigerator several hours before they are to be served.

Canned Vegetables.—Few cooks understand cooking these articles of diet, and in incompetent hands they prove unsatisfactory. They are usually served in the brine that is in the can; this should not be done, and if the directions given below are followed it will be difficult to distinguish them from fresh vegetables. I am speaking especially of peas, lima beans, and string beans. Pour off brine, throw it away, then place the vegetables in cold water; wash well, and let stand a few minutes; this freshens them. Cook but a few minutes, and season to taste. Milk may be used in cooking instead of water. A small piece of pork added to string beans adds flavor.

Corn.—Should only be thoroughly heated, as it has been sufficiently cooked before canning. Add butter, milk, salt, and pepper, as desired.

Tomatoes.—Should be cooked quickly over hot fire to retain the natural flavor; never let them *simmer* a long time.

Asparagus.—Is best cooked in the cans; care should be taken not to break off the tips.

DRIED AND EVAPORATED FRUITS.

Unfortunately, dried fruits are usually imperfectly cooked, but if they are properly prepared they make an excellent food.

Stewed Prunes.—Thoroughly wash and pick over, rejecting imperfect ones; put them to soak over night in the water (cold) they are to be cooked in, using only enough water to cover them. Place them on the fire where they can *simmer only* for three hours. Do not let them boil, and do not use an iron vessel to cook them in. Keep them covered closely. If carefully cooked they may be served whole, which makes a much more appetizing appearance than when the skins are broken. Prunes are usually sweet enough, but if sugar is to be added, wait until five minutes before taking off the fire. In other dried and evaporated fruits the treatment is about the same, only they require but about two hours' cooking; add sugar same as in prunes. Do not stir, as stirring breaks the fruit.

Dried Peaches require more washing and rubbing than any other fruit in order to free them from fuzz and skin. Peaches dried with the skins on make the richest fruit. The skins, however thick, are dis-

solved in cooking. During hot weather fruit while soaking should be put in the refrigerator, as it is liable to sour.

Flavoring should be used sparingly, and extra C sugar is by many thought to be the best sugar for dried fruits. All cooked fruits are better served cold. All dried fruits should be treated in this manner.

MILK AND MILK PREPARATIONS.

Milk and Lime Water.—To two thirds of a glass of milk add one third of a glass of limewater. Serve at once.

Milk and Seltzer.—Equal parts of sterilized milk and seltzer water are mixed. Serve immediately.

Milk and Soda Water.—Made as milk and seltzer.

Milk and Vichy.—Made as milk and seltzer.

Milk and Cinnamon Drink.—(Ringer.) Boil in one pint of new milk sufficient cinnamon to flavor it pleasantly, and sweeten with white sugar. This may be taken cold with one teaspoon of brandy, and is very good in cases of diarrhea. Children may take it warm without brandy.

Rice Milk.—Prepare rice by receipt suggested elsewhere in this volume. Put rice in a strainer, and pour through it hot milk. The milk may be poured through the rice several times. See that no bits of rice are in the milk. This may be salted or sweetened and flavored.

Milk Mixture in Typhoid.—Milk (fresh) half pint, water half pint, white of one egg, sugar one teaspoonful, a pinch of salt. Mix thoroughly. A teaspoonful of some fruit juice (pure) may be added to this if desired.

Almond Milk.—(Hemmeter.) Thirty grains of sweet almonds, two of bitter almonds, are blanched after they have laid twenty-four hours in cold water. One can scald the almonds with boiling water; then they can be pressed out of the hulls after a few minutes. Pound almonds in a mortar, then mix with one-fourth liter warm water or milk, and the mixture is allowed to stand for two hours, after which it is strained through cloth and the juice well pressed out.

Milk Punch.—Make this by adding brandy, whisky, or rum and milk in proportion of one to four or six parts of milk; flavor with sugar, shake until froth is raised; serve with grated nutmeg on top.

Sherry or Brandy and Milk.—(Ringer.) To one tablespoonful of brandy or one wineglass of sherry, in a bowl or cup, add powdered sugar and a very little nutmeg; warm a small cup of new milk and pour over wine and sugar; shake well and serve.

Rum Punch.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

Champagne Whey.—Boil half pint milk; strain through cheese cloth; add wineglass of champagne.

Milk and Egg.—Best milk with salt to taste; beat white of egg till stiff; add egg to milk and stir.

Wine Whey.—(Thompson.) Milk one pint, wine of pepsin one teaspoonful. Heat gently to 115° F.; let stand, break the curd, strain, and add sherry to the proportion of one to four or six. Drink cold.

Tamarind Whey.—(Pavy.) Stir two tablespoonfuls of tamarind in a pint of milk while boiling; after it is cold, strain. A refrigerant and slightly laxative drink.

White Wine Whey or Posset.—(Pavy.) To a half pint of milk, boiling, add one wineglassful of sherry, and afterward strain through a muslin cloth. Sweeten to taste. A useful diuretic drink in cold and mild febrile disorders. For child, give tablespoonful every two or three hours.

Milk with Suet.—Half pint of milk, half ounce of suet (mutton). Shred suet very finely, add it to milk, and simmer very gently for three quarters of an hour; strain through muslin. Good in chest and wasting diseases.

Cream of Tartar Whey.—(Pavy.) Stir a quarter of an ounce of cream of tartar into a pint of boiling milk and strain. In serving it may be rendered more agreeable by the addition of sugar. Diuretic and refrigerant.

Junket.—Take a half pint of fresh milk, heated lukewarm; add one teaspoonful essence of pepsin, and stir just enough to mix. Pour into custard cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

L. of C.

Milk Jelly.—(Hemmeter.) Boil two liters of milk for five to ten minutes with two hundred and fifty grams of sugar. To the well-cooled mixture add, while slowly stirring, a solution of thirty grams of white gelatin in two hundred and fifty grams of water, and also add three wineglassfuls of good Rhine wine or thirty grams of cognac. Afterward pour the mass into a form and let cool.

Junket.—(Anderson.) Sweeten with white sugar one pint of new milk. If wine is allowed, a dessertspoonful of sherry is an improvement. Heat to the warmth of new milk, pour into a shallow dish, and stir in two teaspoonfuls of essence of rennet. This will form a slight curd. Grate a little nutmeg over it or add a pinch of powdered cinnamon. Serve when quite cold. In cold weather the milk should be placed in a warm room to set. An excellent food and a good substitute for milk in typhoid fever, etc.

Egg and Wine.—(Ringer.) Take one egg, half glass of cold water, one glass sherry, sugar, very little nutmeg; beat the egg into a froth with a tablespoonful of cold water. Make the wine and water hot, but not boiling; pour on the egg, stirring all the time. Add sufficient sugar to sweeten and a very little nutmeg. Put into granite saucepan over slow fire, and stir one way until it thickens, but do not let it boil. Serve with crisp biscuit or bits of toast.

Wine Whey.—Put two pints new milk in saucepan and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a

tablespoon more sherry, and skim again for a few minutes; strain through coarse muslin. May use two tablespoons lemon juice instead of wine.

Sterilized Milk.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding.) Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes, or, better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly, and keep in refrigerator. Warm each bottle just before using.

Koumiss.—Take ordinary beer bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischman's yeast or one tablespoon of fresh lager beer yeast (brewers'), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two or three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks, wired in position, and drawing off the koumiss with a champagne tap.

Milk, Effervescent Zyminised.—Put some finely cracked ice into a glass half filled with cold apollinaris, vichy, or aerated water, as preferred; then quickly pour in zyminised milk, and drink while effervescing.

Zyminised milk may be made more palatable to many patients by addition of a little grated nutmeg, sweetened with a little malt extract or flavored with a little brandy, etc.

Kefyr.—(Hemmeter.) It is best to procure moist kefyr mushrooms (not the dried grains prepared for immediate use). They can be procured from the Caucasian Kefyranstalt in Breslau, or from Dr. M. Lehmann, Berlin, C (43 and 44 Heiligeist Strasse). Pour away the liquid contained in the bottle, wash the mushrooms in a lukewarm soda solution of 5–1000, rinse with clean lukewarm water, and after pouring away the water place the mushrooms in a porcelain vessel of a capacity of two liters. Previously two liters of milk should have been boiled and allowed to cool again; now pour the milk, the temperature of which should be lukewarm, upon the mushrooms, close the vessel tightly, and let it stand for twenty-four hours in a place the temperature of which should be about 15° R., during which time it is well to often stir the milk carefully. At the expiration of this time it should be stirred again, and the milk is then poured through a fine wire sieve into clean bottles with patent stoppers. These bottles are again kept for twenty-four to thirty-six hours, or, at the highest, fifty-four hours, in a place the temperature of which is kept at that named above. Bottles should be kept lying down.

By frequent shaking the process of fermentation may be hastened, likewise through heat, on which account the fermentation takes place more quickly in mid-summer, and the kefyr consequently will be finished sooner. The mushrooms which remain after pouring off the milk must be rinsed each time with lukewarm water and freed from the particles of cheese, and afterward placed again in a thoroughly clean vessel, and milk again poured over them. After two

or three days the preparation is so regulated that each day two bottles (of one liter each) become ready for use, for which reason four patent stopper bottles are necessary. Once a week the bottles must be rinsed with a lukewarm soda solution 5–1000 instead of lukewarm water, in order to free them from acid. At first let the patient drink one wineglassful three times a day, then one third of a liter, then constantly increase the dose until prescribed dose has been reached.

Peptonized Ice Cream.—(Fallis.) One measure peptogenic milk powder, one-half pint milk, one-half pint water, four tablespoonfuls of cream; heat to boiling point, according to directions accompanying peptonizing powder. Now transfer mixture to a freezer and freeze. Serve.

EGGS.

EGGS RAW.

Egg Water.—Stir whites of two eggs into half a pint ice-water without beating; add enough salt or sugar to make palatable.

Glair Water.—(Hemmeter.) Into 200 cubic centimeters of cold water, which has been previously boiled, put with constant stirring the white of one egg, and add, according to prescription, three teaspoonfuls of powdered sugar or grape sugar, or 10 grams of cognac. Serve.

Egg Drink.—One tablespoonful of cream, white of one fresh egg, one tablespoonful of brandy. Whip

egg to a froth, now add cream; whip again, then add brandy by degrees, mixing well. This should be served immediately.

Eggnog.—Scald some new milk by putting it, contained in a jug, into a saucepan of boiling water, but do not allow it to boil. When cold, beat up a fresh egg with a fork in a tumbler with some sugar; beat broth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

Tom and Jerry.—Beat one whole egg with heaping teaspoonful of sugar until it is very light, then add two tablespoonfuls of rum and three fourths of a cupful of boiling water. Mix this well by shaking in hot glass with tin cover. Serve in hot glass with little nutmeg grated over the top.

Eggs for Fever Patients.—(Yeo). The yolk may be beaten with milk, hot water, or with hot tea sweetened with grape sugar. Brandy may be added.

Mistura Spiritus Vini Gallici.—(Br. Ph.) Yolk of two eggs, half an ounce of refined sugar; thoroughly beat, and add four ounces cognac and an equal amount of cinnamon water. The brandy in this mixture may be still further diluted.

Milk Brandy and Egg.—Place egg into a tumbler and beat to a froth; add powdered sugar to taste and a dessertspoonful of brandy. To this add a quarter of a pint of fresh zyminised milk.

Sherry and Egg.—One egg, two ounces sherry (best). Beat egg thoroughly, add wine, and beat again. This makes a very strengthening drink in convalescence.

Port Wine and Egg.—One egg, sugar and nutmeg to taste, one wineglassful port wine, one wineglassful hot water. Beat egg and sugar together; now add hot water, beating hard all time (add water slowly). Now add wine. Dust nutmeg over top. A nice way to serve this is with strips of dry toast, biscuit, or sponge cake.

Wine Whey with Eggs.—Two yolks of eggs, one gill sherry or Madeira, one dessertspoonful sugar. Beat yolks of eggs and sugar together. Bring wine to a boil, then stir in eggs and sugar. Take hot.

Egg Snow.—One new egg, two tablespoonfuls milk, one teaspoonful sugar, lemon or orange juice to taste. Beat the yolk (after having separated it from the white) thoroughly with the sugar and milk; now add the lemon—port wine may be added if allowed. Whisk the white to a very stiff froth; take about two thirds of this and mix with the yolk, etc.; pour into serving glass, and put rest of white on top.

Egg with Beef Tea.—One egg, one-fourth pint of beef tea, a pinch of salt. Beat the egg thoroughly. After having heated the beef tea to boiling point, add to egg little at a time, stirring. This makes a highly nutritious food.

Strengthening Mixture.—Four new eggs, half pound raw sugar, four lemons, half pint rum, half pint milk. Put eggs in bowl with the lemon juice; let them stand until shells are dissolved by the action of the lemon. To this add milk, rum, and sugar, and beat thoroughly. Strain and bottle. A tablespoonful may be taken three times a day. Note.—Good in weak chests.

EGGS COOKED.

Poached Egg, New Way.—Break egg into cup or mould; set this into boiling water until done. Serve on a square of toast.

Boiled Eggs.—To boil them so the albumen is uniformly coagulated, temperature of water must not exceed 180° F. Boil ten to fifteen minutes.

Boiled Egg, No. 2.—Let water come to a boil; immediately take water off stove and put egg in it; let egg stand for five minutes, and the white will be firmly set, though not hard.

Boiled Egg (New Process), No. 3.—Put egg in cold water; allow water to reach boiling point; remove, and the egg is cooked through.

Egg Toast.—Break one egg on a plate, whip thoroughly; add to this one cup of milk and a pinch of salt. Have the crust removed from three or four slices of bread cut three quarters of an inch thick. In the above mixture soak the bread, lay in a buttered pan, and bake in hot oven or fry until a golden brown. Serve with butter.

Steamed Egg.—One egg, two tablespoonfuls cream, salt and pepper. Break egg in a bowl, add salt, pepper, and milk; beat to a froth. Butter a cup or mould, pour into this; steam for ten minutes, and serve on a square of toast. The crust should be removed from the toast.

Omelet Souffle.—Two eggs, one teaspoonful sugar, one dessertspoonful jam, one-half ounce butter, a little

flavoring if desired. Divide yolks from whites; beat yolks, sugar flavoring until thick. Whip whites into stiff froth, stir lightly into yolks. Melt butter into omelet pan and pour in mixture. Cook over fire for about one minute, then in a hot oven for two to three minutes. Spread jam on, roll up, and dust with sugar. Serve hot.

Rum Omelet (for convalescents).—One egg, one teaspoonful sugar, one ounce butter, one teaspoonful milk, one teaspoonful rum. Beat egg and sugar together, add to them the milk and rum, continue beating. Put butter in omelet pan; when hot, pour in mixture. Cook three or four minutes; be careful not to let omelet stick to pan. Turn on hot plate, roll up, and dust with sugar. If desired, rum may be served over the omelet.

NOTE.—Brandy or other liquors may be used instead of rum.

Bread Omelet.—(The Trained Nurse.) Two eggs, one quarter of cup of stale bread crumbs, one-quarter cup of milk, one-half teaspoonful of salt, one and a half teaspoonfuls of butter. Soak the crumbs in milk fifteen minutes; add the salt and the yolks of the eggs well beaten, and fold in the whites of the eggs beaten stiff. Cook and serve as ordinary omelet.

Egg Sandwiches.—Cut thin slices of stale bread in triangles and toast. Put together in pairs, having between thoroughly cooked egg yolk, rubbed to a paste, seasoned with salt and moistened with butter.

Baked Custard.—One small egg, one tablespoonful sugar, a few grains of salt, one-half cup milk, slight grating of nutmeg. Scald the milk. Beat the

eggs slightly and add the sugar and salt. Pour on gradually the hot milk. Strain into buttered cups. Sprinkle with nutmeg. Place in a pan of hot water and cook in a slow oven until firm.

Soft Custard.—Yolk of two eggs, two tablespoonfuls of sugar, a few grains of salt, one cup of milk, one-third teaspoonful vanilla. Scald the milk. Beat the eggs slightly and add sugar and salt. To the mixture add gradually the hot milk. Cook in a double boiler until it thickens. Strain, cool, and flavor.

Savory Custard.—(Anderson.) Add the yolk of two eggs to a cupful of beef tea, with pepper and salt to taste. Butter a cup, pour mixture into it, and let it set in a pan of boiling water until the custard sets.

DRINKS.

Lime-Water.—A piece of fresh unslaked lime about one inch square; over this pour two quarts of hot water. When it has slaked, stir it thoroughly. Let it remain over night. Pour off the clear liquid and bottle. Good to neutralize acidity of stomach.

Gum Arabic Water.—Dissolve ounce of gum arabic in pint of boiling water; add two tablespoons of sugar, wineglass of sherry, and juice of large lemon; cool, add ice.

Celery Water.—One stick of celery, one quart of water; thoroughly cleanse celery, cut into small pieces,

and add to water cold. Let it boil for four hours; add a little water during the boiling process to take place of loss by evaporation. At the end of four hours there should be about one pint. Serve wineglassful at a time.

Sassafras Water.—Green twigs of young sassafras; pound thoroughly. Pour over a pint of *cold* water and let stand several hours.

Orange Flower Water.—One pint boiling water, one tablespoonful orange flower water, one ounce loaf sugar. Pour boiling water over sugar in a jar, stir until dissolved, and when cold add orange flower water.

Linseed Tea.—(Chambers.) Whole linseed, white sugar, each one ounce; lemon juice, two ounces; licorice root, one-half ounce. Mix; allow it to stand for awhile and serve.

Flaxseed Tea.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping tablespoon); licorice root, half ounce (two small sticks); lemon juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

Flaxseed Tea with Lemon.—One tablespoonful of flaxseed, one pint of water, one tablespoonful of sugar, and juice of one lemon. Boil flaxseed for one hour in the water; strain it and add lemon juice and sugar. Serve cold or hot. Be sure to have flaxseed free of all foreign matter.

Bran Tea.—Three tablespoonfuls bran, one quart boiling water, honey to taste. Put bran into a jar, pour over it the boiling water; let this stand in a warm place for about fifteen minutes. Now strain through piece of muslin. Sweeten to taste.

NOTE.—If acids are allowed, one-half lemon or a wineglassful of sherry may be added.

Barley Water (No. 1).—Two ounces barley, one lemon, one ounce sugar, one quart water. Cleanse barley thoroughly, and put into an enameled saucepan; boil a few minutes in one pint of cold water; now throw away this water, again wash the barley, and add one quart of water cold, with sugar and lemon rind (cut thin). Simmer for two hours, strain, add the juice of the lemon; now allow to cool. Strain again when cold; there must be no sediment.

Barley Water (No. 2).—Two ounces pearl barley, one ounce sugar, rind of one-half lemon (cut thin), one and a half pints boiling water. Cleanse barley, put in jar with sugar and lemon. Pour over boiling water and cover closely till cold. This will be very clear.

NOTE.—Juice of lemon may be added if patient is allowed to take acids.

Barley Water, Thick (No. 3).—Two ounces pearl barley, one ounce sugar, one quart of cold water, rind of half lemon (cut thin). Cleanse barley thoroughly, add cold water, and boil gently for two or three hours. This must be skimmed occasionally. Put sugar and lemon rind into earthen jar, and put barley over them after it has been strained. Cover closely until cold. See note to Barley Water No. 2.

Rice Water.—(Pavy.) Thoroughly wash one ounce of rice with cold water, then macerate for three hours in a quart of water kept at a tepid heat, and afterward boil slowly for an hour and strain. A useful drink in dysentery, diarrhea, and irritable states of the alimentary canal. It may be sweetened or flavored to taste.

Rice Water.—One and a half ounces rice, one pint of cold water, one-half ounce raisins. Wash rice thoroughly and put in granite saucepan containing raisins and water; simmer one hour. Strain and serve when cold.

Toast Water.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely, and let stand on ice until cold; strain. May add wine and sugar.

Cream of Tartar Drink—Potus Imperials—Imperials Drink.—(Pavy.) Dissolve one to one and a half drams of cream of tartar in a pint of boiling water; flavor with lemon peel and sugar; strain. When cold, serve (*ad libitum*).

Crust Coffee.—Take a pint of crusts of Indian bread; brown well in oven. Pour over them three pints of boiling water, and steep for ten minutes. Serve with cream.

Demulcent Drink.—(Ringer.) A pinch of isinglass is boiled in a half pint of new milk with a half dozen bruised sweet almonds and three lumps of sugar.

Sago Cordial.—One quart of cold water, two ounces sago, one lemon, one-half pint sherry, one-half ounce sugar, one teaspoonful tincture of ginger. Boil sago in water until it is a jelly. The sugar should have been rubbed on the rind of the lemon. Add this with the ginger and sherry to the jelly; boil again for five minutes.

NOTE.—Not to be given after inflammatory conditions.

Royal Gruel.—One egg, one wineglassful sherry, one strip lemon rind, a little grated nutmeg, one-half pint of gruel or arrowroot, sugar to taste. Beat egg, sherry, and nutmeg together; add them to gruel, which has been flavored with the lemon rind and sugar. Strain. Serve with fingers of toast, well toasted.

Oatmeal Gruel.—One tablespoonful coarse oatmeal, sugar to taste, one pint of water or milk, a small piece of fresh butter, a little spice of some kind if liked. When water boils, shake in the oatmeal, stir for five minutes, then draw saucepan to the side of the fire and allow to simmer slowly for one hour. Strain, sweeten, and flavor to taste. Rum may be added as a flavor; if the patient is not feverish it is very refreshing. In using coarse oatmeal, be sure to always strain.

Barley Gruel.—One tablespoonful of barley flour, one cup of boiling water, a teaspoonful of sugar, one cup of milk, and a pinch of salt. Mix flour, salt, and sugar together with a little cold water, pour on boiling water, and boil for ten minutes; the milk should not be added; bring to boiling point again. Strain and serve hot.

Cracker Gruel.—Take same ingredients as for barley gruel, substituting cracker dust for barley; put all ingredients together, and boil two minutes. It may be served as it is, or strained.

Farina Gruel.—This is made the same as barley gruel, except farina is used instead of barley. This is a very nourishing gruel.

Indian Meal Gruel.—The same ingredients are used as for barley gruel, except substituting two tablespoonfuls of Indian meal for barley. Put in double boiler, and cook for about three hours; after this time add milk, and it is ready to serve.

Flour Gruel.—Flour gruel is made the same as barley, except that a flavoring is added at time of first cooking, which should last not less than twenty minutes slowly, and flour used in place of barley. In fevers, lemon is best flavor to be used.

Baked Flour Gruel.—To prepare flour, put in an earthen jar with cover, and bake in slow oven for from ten to twelve hours. Do not let oven get hot enough to brown flour, as it will then be spoiled. Make gruel as receipt for flour gruel.

Water Panada.—Put one pint of cold water into an enameled stewpan, add to it two ounces of light crusts, boil for three quarters of an hour, stirring occasionally; add a piece of butter the size of a chestnut and a pinch of salt; now stir in the yolk of an egg and serve.

Milk Panada.—Boil the milk first, let it get cold, then add bread crusts, and proceed as for water panada.

Water Panada with Beef Tea.—Mix equal parts of water panada and beef tea. Serve hot.

Unfermented Grape Juice and Water.—Take equal parts of unfermented grape juice and water.

Caudle.—(Ringer.) Mix well one pint of cold gruel with a wineglassful each of good cream and sherry, and a tablespoonful of noyeau, and sweeten with sugar candy.

Mulled Wine.—(Ringer.) Boil some spice, cloves, nutmeg, cinnamon, or mace in a little water just to flavor wine; then add a wineglassful of sherry or any other wine with a little sugar; bring it to a boiling point, and serve with sippets of toast. If a dry wine is used, more sugar will be necessary.

Pleasant Drink.—One wineglassful sherry, two wineglassfuls lime-water, two wineglassfuls milk; mix thoroughly.

Currant Jelly Water.—(Fagge.) Red or black currant jelly dissolved in hot or cold water or tamarind tea makes an excellent invalid beverage.

Black Currant Vinegar.—Three pounds black currants, one and a half pounds of loaf sugar, one quart (pure) vinegar. Add vinegar to currants and sugar; let them stand for one week, then strain. Put liquor strained off in an enameled pan, and simmer for twenty minutes, skimming well. Cool it, bottle, and cork well. This will keep for years.

Blackberry Vinegar.—Two quarts blackberries, three pints of vinegar (pure), sugar. Put one quart

blackberries into bowl, add vinegar; let stand for about twenty-four to thirty hours. Strain this off, and add liquor to the other quart of blackberries. Let this stand the same time. Strain and measure. Now put in a jar, and add one pound of white sugar for each pint of liquid. After the sugar has dissolved, cover the jar, and place in saucepan of water and boil for one hour. Use as drink.

Black Currant and Arrowroot Water.—Two large tablespoonfuls black currant jam, one teaspoonful arrowroot, one quart of water. Put jam and water into a saucepan, let it boil; then cover it and let simmer gently for half an hour. Strain it, let it come to boil again, and add arrowroot; have arrowroot made into smooth paste before adding. Stir while adding arrowroot. Serve when cold.

Apple Water.—Two large apples, one pint water, one ounce sugar, a bit of lemon rind. Do not peel or core apples; first wash them and cut them up. Put them in an enameled saucepan with water, sugar, and lemon rind. Simmer gently for one hour, then strain; cover closely until cold.

Baked Apple Water.—Three large apples, one pint boiling water. Cleanse apples and bake them unpeeled until quite soft. Then pour boiling water over them; stir well; sweeten if liked. Strain when cold. A useful drink in fevers.

Apple and Rice Water.—Two good apples, one quart of water, one-half teaspoonful rice, honey to taste. Boil apples and rice gently in quart of water

until both are soft and will pass through a fine sieve; a thorough pulp should be made of the mass. Sweeten to taste with honey. (Sugar may be used.) Serve.

Apple Water and Sherry.—Two wineglassfuls of apple water, one wineglassful of sherry. This makes a fine drink in fevers, as it is stimulating and strengthening.

Tamarind Water.—Two ounces tamarinds, one-fourth pound stoned raisins, three pints of water. Put tamarinds, raisins, and water in a stewpan. Boil gently one hour; strain and use when cold.

Lemonade well made is of high dietetic value. Few know how to make it properly. If the following receipt is used, you will have a drink highly palatable to those in health as well as the sick. For one quart: Juice of three lemons, rind of one; peel very thin, taking just the yellow on outside; cut this in very small pieces, put with the juice; add two ounces of powdered sugar; put this in a porcelain or stone vessel with tight cover, and add one quart of water (the water should be at temperature used to draw tea), cover and let it get cold. It may be iced when served. Strain before serving.

Lemonade No. 2.—Juice of three or four small lemons, rinds of two lemons, one-half pound of sugar, one quart of boiling water. Rub some of the lumps of sugar on the lemon rinds until the oil of the rinds is taken up; then add sugar, pour the juice over the sugar, and add boiling water. Let it get cold; strain and serve.

Egg Lemonade.—Beat one egg with one tablespoonful sugar until very light, stir in three tablespoons cold water and juice of small lemon ; fill glass with pounded ice, and drink through straw.

Cocoa Cordial.—(The Trained Nurse.) One teaspoonful cocoa, one teaspoonful of sugar, one-half cup boiling water, one and a half tablespoonfuls port wine. Mix cocoa and sugar, and add enough water to form a paste. Stir in the remainder of the water and boil one minute. Add the wine. Useful in case of chill or exhaustion.

Brandy Cocoa.—(The Trained Nurse.) Two tablespoonfuls cocoa, one teaspoonful sugar, one tablespoonful hot water, one cup scalded milk, three quarters of a teaspoonful of brandy. Scald the milk. Mix the cocoa and sugar, and pour on the water ; add to the scalded milk. Cook three minutes in a double boiler. Add brandy and serve with or without whipped cream. Any Dutch preparation of cocoa may be used.

Nutritious Coffee.—Dissolve a little isinglass or gelatin (Knox) in water; put half an ounce freshly ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil together for three minutes ; clear it by pouring some of it into a cup and dashing it back again ; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup and pour the coffee upon it; if preferred, drink without the egg.

JELLIES—FARINACEOUS AND WINE.

Barley Jelly.—(Eustace Smith.) Put two tablespoonfuls of washed pearl barley into a pint and a half of water, and boil down to a pint; strain and let the liquid settle into a jelly. Two teaspoonfuls of this, dissolved in eight ounces of warm sweetened milk, are enough for a single feeding, and such a meal may be allowed twice a day.

Arrowroot Mould.—Three ounces arrowroot, one-fourth pound sugar, one pint boiling water, two eggs, two lemons (rind and juice). Add to arrowroot lemon rind, juice, and sugar. Mix smoothly. Add boiling water, stirring all the time; let it cool. Put into granite pan; add two eggs well beaten, and stir until it boils.

Bread Jelly.—A slice of bread, say one inch thick, should be covered with water and allowed to soak; pour off water when it is soft and add one pint of milk, and let boil a few minutes. Salt and pepper may be added, or it may be sweetened and flavored. (Speidel.)

Nutritious Jelly.—For invalid. One-fourth ounce best gelatine, one-fourth pint of water, one lemon, one fresh egg. Sugar to taste. Prepare gelatine by soaking for twenty minutes. Place gelatine water and sugar in a granite pan, and stir over slow heat until dissolved; then add the strained lemon juice and enough water to make another quarter of a pint. Have eggs thoroughly beaten; add them to mixture very slowly, stirring well. Pour into moulds.

NOTE.—Orange may be used instead of lemon, but it must be remembered that it takes more orange juice than lemon.

Port Wine Jelly.—(Ringer.) Put into a jar one pint of port wine, two ounces of gum arabic, two ounces of isinglass, two ounces of powdered white sugar, quarter of nutmeg grated, bit of cinnamon. Let it stand over night closely covered. Next day put the jar in boiling water, and let it simmer until contents are dissolved; then strain, let stand till cold, and cut into small pieces to serve.

Claret Jelly.—One pint claret, one pint water, one ounce sweet gelatine, three lemons, one pound sugar, four eggs. Dissolve gelatine and sugar in water (best done by setting it near fire), then add the whites and crushed shells of the eggs, claret, rind, and juice of lemons, whisking occasionally until it boils. Now draw the pan to one side, and let jelly settle for few minutes. Strain into wet moulds.

Porter Jelly.—One-half ounce gelatine, one-half pint of stout or porter, one-half pint of water, one lemon, sugar to taste. Dissolve gelatine in water with rind of lemon; then add the stout or porter, lemon juice, and sugar. Let it come to boil; strain. Pour into moulds. Serve when cold.

Irish Moss Jelly.—One-fourth ounce Irish moss, one pint of milk, one ounce sugar, a strip of lemon rind. Soak moss for a few hours in cold water; put milk in a granite pan, add moss, sugar, and lemon rind. Let this simmer gently for about a half-hour. Strain and pour into wet moulds. When cold, turn out.

Coffee Custard.—Four yolks eggs, two-thirds pint milk (new), two ounces sugar (powdered), one-third

pint strong coffee. Beat eggs with sugar and milk. Pour this into a jar; set it into a saucepan of warm water over a fire, and stir while the mixture thickens, which takes place as it heats—stirring prevents curdling. The coffee should be added just before taking off.

Ichthyocolla Jelly.—(Hemmeter.) Cut fifteen grams of ichthyocolla into small pieces and let soften in one half of a liter of water for eight to ten hours; boil for one-fourth hour, and add gravy from roast or extract of meat. Pour the mass when hot through a fine cloth, or, better, through filter paper. One can add 100 grams of the liquid, also 0.5 of hydrochloric acid, or ten grams of white wine.

Apple Charlotte.—One-third box Knox's gelatine, one-third cup cold water, one-third cup boiling water, one cup sugar, one cup cooked apples, whites of three eggs, juice of one lemon. Soak gelatine in cold water five minutes; pour over the boiling water. Add sugar, lemon, and apples; strain and stir in a pan of ice and water until stiff; add the well-beaten whites. Line a mould with lady-fingers or sponge cake, pour in the mixture, and serve with a boiled custard made with three yolks of the eggs as sauce, or use whipped cream if preferred.

Orange Charlotte.—One-third box Knox's gelatine, one-third cup cold water, one-third cup boiling water, one cup of sugar, one cup orange juice and pulp, whites of three eggs, juice of one lemon. Soak gelatine in cold water until soft. Pour on the boiling water, sugar, and lemon juice. Strain and add the orange juice and pulp with a little of the grated rind.

Cool in a pan of ice-water. Line a mould with lady-fingers or sections of oranges. Beat the whites of the eggs to a stiff froth, and, when the orange jelly begins to harden, beat it until light. Add the beaten whites, and beat together until stiff enough to drop. Pour into the mould. One pint of whipped cream may be used instead of the whites of the eggs, or it may be piled on the top after the charlotte is removed from the mould.

Raspberry Cream.—Soak one-fourth box Knox's gelatine in one-half pint cold water five minutes. Boil together one-half pint of milk and one-half pint of cream, and sweeten to taste; dissolve gelatine in this, but do not boil it. In summer add six tablespoons of the juice from fresh fruit; in winter omit the sugar, and use the same quantity of raspberry jelly or canned raspberries. Beat until beginning to thicken, and put in a mould in a cold place. Serve surrounded with whipped cream. Strawberry cream can be made the same way.

Rice Cream.—Soak one-fourth box Knox's gelatine in one-half pint cold water five minutes, and place in farina boiler until gelatine is dissolved, and when cool beat with an egg-beater until it is a froth. Thicken a pint of new milk with rice flour to the consistency of cream; sweeten and flavor to taste. Beat the whites of two eggs to a stiff froth, and, when gelatine is cold, mix all together and set in a cold place until wanted.

Orange Cream.—Soak one-quarter box Knox's gelatine in one-half cup cold water five minutes, and

add enough boiling water to make one pint of liquid. Squeeze the juice from three oranges and half a lemon, and strain this into gelatine when dissolved. When it begins to stiffen, beat in eight tablespoonfuls of whipped cream. Pour in a mould to set.

Milk Sherbet.—Soak one teaspoonful of Knox's gelatine in two quarts of milk five minutes and place in a farina boiler until dissolved; strain into freezer, and when ready to freeze add the juice of two lemons with two teaspoonfuls of lemon extract, and when partly frozen add beaten whites of two eggs.

Russian Cream.—One quart milk, boiled; one-quarter box of sparkling gelatine dissolved in a small portion of milk; six eggs, beaten separately, the yolks beaten with a cup of sugar; then stir in gelatine and eggs into the rest of the milk; strain and pour over the beaten whites; add teaspoonful lemon; pour into moulds; place on ice. Serve with strawberries or pineapple.

Lemon Sponge or Snow Pudding.—Soak one-half box sparkling gelatine in three-fourths pint of cold water; then dissolve over the fire with the rind and juice of two lemons and six ounces of sugar; strain, and let it remain until nearly cold and beginning to set; then add the whites of two eggs well beaten, and whisk ten minutes, when it becomes the consistency of sponge; put it lightly into a glass dish, leaving it rough in appearance. Serve with a thin custard.

Coffee Jelly.—One-half box Knox's gelatine, three-quarters cup of sugar, one-half cup of water, one pint

strong coffee, one-half pint boiling water. Soak gelatine in the cold water for five minutes; pour over it the strong coffee (boiling); when dissolved, stir in the sugar and all the boiling water (or less water and one wineglassful of sherry wine), and strain into mould. Serve with whipped cream.

Danish Pudding.—Soak one-half box Knox's gelatine in three fourths of a pint of cold water; beat the yolks of four eggs with three fourths of a pint of sherry wine, and add eight ounces of sugar with the juice and rind of two lemons; bring to scalding point and pour over dissolved gelatine; strain, and stir occasionally until nearly cold; then pour into mould.

Chocolate Blanc Mange.—Soak one-half box of Knox's gelatine in one-half cup cold water; boil one quart sweet milk with one cup of sugar, two ounces of grated chocolate, and a little salt five minutes; then add dissolved gelatine, stirring constantly; flavor with vanilla, and pour into moulds. Serve with whipped cream.

Cornflower Posset.—One-half ounce cornflower, one-fourth pint sherry, sugar to taste. Mix cornflower and sherry. Boil five minutes. Stir while cooking. Flavor with any spice desired.

RAW MEAT FOODS.

Bone Marrow.—Spread bone marrow on nicely prepared pieces of toast; season. Put in oven for a moment. Serve. It may be served on fresh bread the same.

Bone Marrow and Glycerine.—Equal parts of beef marrow and glycerine are rubbed together in a mortar until they form a paste. The paste is put between thin slices of bread and seasoned to taste. Good in wasting diseases.

Raw Meat Sandwiches.—(From Food.) Three ounces of raw beef or mutton, one ounce of very fine bread crumbs, one teaspoonful of sugar; cut meat very fine, rub it through a sieve, then pound in a mortar into a paste. Mix it with bread crumbs, sugar, a little salt and pepper; spread it between thin slices of bread and butter. Brown or white bread may be used.

Raw Meat Diet.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly, and serve as sandwich.

Raw Meat Diet.—(Ringer.) Use two ounces of rump steak; take away all fat, cut into small squares without entirely separating the meat, place in a mortar, and pound for five or ten minutes; then add three or four tablespoonfuls of water; pound again for a short time; remove all sinew and fibers; add salt to taste; before using, place the cup or jar containing the pounded meat in warm water until warm, or scrape the beefsteak with a sharp knife, removing all fat and tendon; flavor with salt and pepper. This may be spread between thin bread and butter in the form of a sandwich. If preferred, the meat may be rolled into balls with a little white of egg and boiled for two or three minutes until the outside turns gray, just long enough to remove raw taste.

Raw Meat Diet.—Scrape meat, being sure that it is free from all fiber; roll this into little balls, and put in a hot oven for a minute to cook the outside. Season and serve.

Meat Biscuit.—(Parkes.) Mix together, cook and bake one pound of flour, one pound of meat, one quarter of a pound of suet, one-half pound of potato, with a little sugar, onion, salt, pepper, and spices. A palatable meat biscuit weighing about one and a quarter pounds, containing ten to twelve per cent water, is thus obtained, which keeps quite unchanged for months.

MISCELLANEOUS.

Panada.—(Ringer.) Take the crumbs of a penny roll and soak in milk for a half-hour, then squeeze the milk from it; have ready an equal quantity of chicken or veal scraped very fine with a knife; pound the bread crumbs and meat together in a mortar. It may be cooked either mixed with chicken or veal broth, or poached like an egg, by taking it up in two spoons in pieces the shape of an egg; after seasoning, it may be served with mashed potato.

Frothergill's Amylaceous Food.—Of rice well washed, of arrowroot, tapioca, pearl barley, take each an ounce; add two quarts of water, and boil down to one quart; then flavor with candied eringo.

Alcoholic Pancreas Extract (according to Dr. Reichmart).—A fresh ox pancreas is freed from fat

and skin immediately after killing, chopped up, and one half of a liter of twelve to fifteen per cent alcohol is poured over. Let stand in a cool place for two or three days; filter. One wineglassful for each meal.

Powdered Beef.—Chop lean beef into small pieces, dry over water bath or in a slow oven (do not overdry), powder to a fine powder. This powder may be mixed with any form of liquid diet. The drying process occupies from five to twenty-five hours.

Dujardin-Beaumetz recommends a preparation as follows: Two tablespoonfuls of meat powder, three dessertspoonfuls of essence or syrup of rum punch, and milk enough to make it quite fluid.

Stokes' Cognac Mixture.—Best cognac, distilled water, each fifteen ounces; yolk of one egg; syrup, six ounces. Mix. Give a teaspoonful every two or three hours.

Fever Food.—(Buss.) Peptone 100, grape sugar 300, rum or cognac 200, water 600 grams. The quantity to be taken in twenty-four hours, in addition to milk, yolk of egg, bouillon, etc. If this food be too sweet, tincture of gentian is added.

An Infant Food.—Take 32 grams of wheat flour and malt, 0.15 gram of potassii bicarbonate, add enough water to make into a bolus. Add to this ten ounces of milk, place on stove at gentle heat, stir constantly; when it begins to thicken, remove from the stove for fifteen minutes, stirring all the time. Put back on fire and bring to boiling point, and it is ready.

An Infant Food.—(Eivlart.) Wheat flour or barley meal, ten ounces; water, three and one-half pints; extract of malt, half teaspoonful. With a scant quart of the water make the flour into a gruel, boiling ten minutes in a double boiler. Take out the inner vessel and add rest of the water cold, the malt extract being added to the last few ounces. Let it stand fifteen minutes. Put back the inner vessel and allow it to boil fifteen minutes. Strain through a wire gauze strainer. Good as a diluent for milk.

Prune Whip.—(The Trained Nurse.) One-third pound prunes, one-half cup of sugar, one-fourth teaspoonful lemon juice, white of one egg. Soak prunes over night in cold water to cover. Cook in same water until tender. Remove stones, and force through a strainer. Add sugar and cook to the consistency of a marmalade. Cool and put in a glass jar. Beat the white of the egg until stiff. Add slowly two tablespoonfuls of the prune mixture and the lemon juice. Pile lightly on a buttered saucer, and bake in a slow oven eight minutes. Serve with a custard sauce.

Strawberry Cream.—(See note.) One pound ripe strawberries, one pint of whipped cream, two ounces isinglass, six ounces sugar (pulv.). Crush fruit with sugar and rub through a sieve. Melt isinglass in little milk, then add fruit with the whipped cream; mix thoroughly, and pour into moulds.

NOTE.—Any berries may be used instead of strawberries.

Baking Irish Potatoes.—(New way.) Wash and boil the usual way until nearly done; finish by baking.

Break them open as soon as they leave the oven, so that the steam may escape. Cooked this way they are more mealy.

Baked Apples.—(The Trained Nurse.) Wipe, core, and pare two sour apples. Place in small baking-pan. Fill the cavities with sugar mixed with a few gratings of nutmeg, and allow four drops of lemon juice to each apple. Cover the bottom of the pan with hot water. Bake in a moderate oven, basting often. Care must be taken that the apples do not lose their shape.

FOOD PRODUCTS.

Beef Peptonoids.—From beef and milk with gluten.

Bovinine.—Unaltered blood of the beef.

Carnrick's Soluble Food.—Evaporated milk, partially peptonized and thoroughly sterilized by heat, forty-five parts; dextrin and soluble starch, forty-five parts; milk sugar, ten parts.

Globon.—Chemically pure albumen. More nutritious than meat or milk, and easily assimilated.

Hemaboloids.—Iron-bearing nucleo-albumin, reinforced by bone marrow extract, and antiseptically treated with nuclein.

Horlick's Food.—Containing fat, glucose, cane sugar, albuminoids, mineral constituents, and water, but no starch.

Imperial Granum.—Prepared from finest wheat, unsweetened, containing no glucose, cane sugar or malt.

Leibig's Soluble Food.—Equal parts of wheat flour and barley malt, with bran and one per cent of bicarbonate of potassium. The starch is converted into maltose and dextrin. The food is strained, pressed, and extracted with warm water, evaporated, dried, and pulverized.

Malted Milk.—(Horlick's.) A powdered, sterilized preparation of pure cow's milk with the extract of malted barley and wheat. The starch is converted into dextrin, and the mixture dried *in vacuo*. The casein of the milk is predigested by a vegetable ferment.

Maltine.—Extraction of all the nutritive and digestive properties of wheat, oats, and malted barley.

Maltzyme.—A concentrated, unfermented, diastasic extract of malt.

Mellin's Food.—A combination of dextrin, maltose, albuminates, and salts.

Nestle's Food.—Consists of sugar, fat, proteids, dextrin, and starch.

Panopeptone.—A combination containing the entire edible substance of prime lean beef and of best wheat flour.

Trophonine.—The nutritive elements of beef, egg albumin, and wheat gluten.

These products make valuable additions to the liquid and semi-solid foods. There are many ways of preparing them; directions come with each package.

NUTRITIVE ENEMATA.

PREPARATION OF THE BOWEL FOR AN ENEMA.

A tube should be passed and warm water thrown in to clean out the bowel. Some authors prefer soap-suds. After a thorough cleansing, again insert the tube and inject the food. Never inject cold foods, as bowel will have a tendency to reject any thing cold. Use olive oil to lubricate tube, as glycerine has, so it is said, a tendency to excite peristaltic action, thereby causing expulsion.

The patient must remain in a recumbent position for one hour after food has been injected, and a hot towel should be held firmly against the anus for fifteen to twenty minutes.

Patient should lie on left side with hips raised, and injection given gradually.

It is best to give injection with funnel or irrigating bottle, never with a syringe. The tube must not be too stiff nor so soft that it can kink upon itself.

In adults the tube should be passed high up into the colon, say from 14 to 18 inches, though 12 inches as a rule will do.

Nutritive Enema.—(Leube.) Scrape and chop fine one hundred and fifty grams of good beef; fifty grams of fresh pancreatic glands, free from fat (either cow or hog may be used), are mixed with this and stirred carefully, with the addition of not more than one hundred and fifty grams of lukewarm water. Injections of from fifty to not more than one hundred

grams at a time in lukewarm state by means of a simple funnel, ending in a nozzle which must have a wide opening. The mixture will keep only a short while.

Nutritive Enema.—(Jaccoud.) Two hundred and fifty grams of bouillon, one hundred and twenty grams of wine, yolk of two eggs, one-fourth gram peptone. Rosenheim uses peptone (one-half dram), two eggs, fifteen grams of glucose; sometimes emulsions of cod-liver oil. The amount of injected nutriment must not exceed eight ounces at a time.

Nutritive Enema.—(Ewald.) Two or three eggs are beaten smooth with one tablespoonful of cold water and a little salt (as much as can be held on the point of a knife). Wheaten starch (as much as can be held on the point of a knife) is boiled with a half cup of twenty per cent solution of grape sugar, and one wineglassful of red wine added. The solution is cooled to 30° R., and the eggs are stirred in slowly. One can add also one teaspoonful of meat peptones, but this is not absolutely necessary. Nutritive clysters are to be injected while at blood heat, and in quantities of two hundred and fifty grams at a time. Previously the rectum must have been cleansed by a purgative clyster. In some cases the grape sugar had better be omitted, as since through its decomposition an irritation of the intestine arises.

Nutritive Clyster (according to Boas).—Warm two hundred and fifty grams of milk, and stir with two yolks of eggs, one teaspoonful of common salt, and one teaspoonful of wheaten starch, and afterward add

one teaspoonful of red wine. If mucous membrane of rectum is easily irritated, one may add four or five drops of opium (tincture). Such clysters may be administered from one to four times in twenty-four hours (heated to blood heat) with a long, soft rectal tube and a Heger funnel and tubing.

Meat Bouillon Wine Clyster (according to Fleiner).—Consists of eighty grams of beef tea and forty grams of mild white wine. To be injected two or three times a day at body temperature.

Enema.—(Herrick.) Somatose one ounce, the half of an egg, peptonized milk four ounces, and a pinch of salt. This is about the amount for each enema, but must be varied in ingredients, quantity, and hours. Time for giving enema about four hours apart. (Good for children.)

Enema.—(Philip F. Barbour, M. D.) To one whole egg (raw) add fifteen grains of salt; beat thoroughly and administer. To this may be added an equal quantity of peptonized milk, or the peptonized milk may be given by itself. (Good for children.)

NOTE.—Wine should not be an ingredient if enema is for a child.

PEPTONISED ENEMATA.*

MILK ENEMATA.

Milk may be introduced as soon as it is mixed in the ordinary proportion with the peptonising powder, and, as it is usually required warm, a very considerable degree of predigestion will take place while bringing the milk to proper temperature; or best, the powder should be mixed with ready warmed milk.

Peptonised milk may be very conveniently prepared by the cold process, and when required the proper quantity may be warmed and injected.

EGG ENEMATA.

Dissolve the white of an egg in thrice its bulk of warm water; add the contents of a peptonising-tube and stir well and inject at once. An egg, white and yolk, may be thoroughly mixed with a pint of milk and peptonised in the usual manner, and thus afford a very nutritious enema.

BEEF ENEMATA.

Take a tablespoonful of minced lean beef, add to four tablespoonfuls of cold water, and gradually heat to boiling. Now rub all through a fine sieve or colander, and when lukewarm add the contents of a peptonising-tube, and it is ready for injection. It may be made more fluid if desirable.

*From Fairchild's Hand-Book of the Digestive Ferments, by permission. You will note peptonized is spelled with an "s" to conform to original.

PANOPEPTON ENEMATA.

Panopepton possesses every desirable quality for nutritive enemata. It contains all the soluble and digestible constituents of bread and beef. It is made ready for use simply by dilution with three or four parts of warm water; is readily absorbable and non-irritant, and has been used with such success as to conclusively demonstrate its value.

PEPTONISED FOODS.*

PEPTONISED MILK.

WARM PROCESS.

Into a clean quart bottle put the powder contained in one of the peptonising tubes and a teacupful of cold water; shake, then add a pint of fresh cold milk and shake the mixture again. Place the bottle in water so hot that the whole hand can be held in it without discomfort for a minute (or at about 115° F.).

Keep the bottle there ten minutes.

At the end of that time put the bottle on ice to check further digestion and keep the milk from spoiling.

Place the bottle directly in contact with the ice.

Ten minutes in the hot-water bath gives sufficient time for the predigestion of the milk in ordinary cases.

If there is any evidence that the milk requires more digestion, it is only necessary to let the milk stand a longer time in the hot-water bath.

*From Fairchild's Hand-Book of the Digestive Ferments, by permission.

COLD PROCESS.

Mix the peptonising powder in cold water and cold milk, as usual, and immediately place the bottle on ice without subjecting it to the water-bath or any heat.

When needed, pour out the required portion, and use in the same manner as ordinary milk.

It is recommended to try the milk prepared by the cold process in those cases in which food is not quickly rejected after ingestion, but in which the digestive functions are impaired, or even practically suspended. It has been found in many such cases that the peptonising principle exerts sufficient action upon the milk in the stomach to insure its digestion and proper assimilation. If the milk so prepared be not well borne, or any evidence appears of its imperfect digestion, it should be sufficiently predigested—peptonised—by the usual warm process.

Milk by the "cold process" is especially suited for dyspeptics and persons who ordinarily find milk indigestible. This milk has no taste or evidence of the presence of the peptonising agent.

PARTIALLY PEPTONISED MILK.

Put into a clean graniteware or porcelain-lined saucepan the powder contained in one of the Fairchild peptonising tubes and a teacupful (gill) of cold water; stir well, then add a pint of fresh cold milk. Place the saucepan on a hot range or gas stove and heat with constant stirring until the mixture boils. The heat should be so applied as to make the milk boil in

ten minutes. When cool, strain into a clean bottle, cork well, and keep in a cool place. When needed, shake the bottle, pour out the required portion, and serve cold or hot, as directed by the physician in charge.

NOTE.—Milk thus prepared will not become bitter.

HOT PEPTONISED MILK AS A BEVERAGE.

Into a clean quart bottle put the powder contained in one of the peptonising tubes and a teacupful of cold water; shake, then add a pint of fresh cold milk and shake the mixture again. Place the bottle on ice until the milk is required for use. When needed, pour the portion to be used into a saucepan and heat as hot as can be agreeably sipped.

If required for immediate use, the peptonising powder, cold water, and cold milk may be thoroughly mixed in the saucepan and heated to the proper temperature for drinking.

At this temperature (during the heating) the peptonising powder acts with great rapidity, and in a few minutes a hot peptonised milk may be prepared which will be sufficiently digested for the majority of cases.

Hot peptonised milk is the most grateful, nourishing, and bracing beverage for invalids, dyspeptics, diabetics, and consumptives.

It is especially useful with breakfast, and at any time when suffering from a sense of exhaustion with an intolerance for solid foods.

It is very acceptable to persons who require nourishment before sleeping, and may be used at the table instead of ordinary milk with tea or coffee.

EFFERVESCENT PEPTONISED MILK.

Put some finely cracked ice in a glass, and then half fill it with cold apollinaris, vichy, clysmic, or carbonic water, as preferred; then quickly pour in the peptonised milk and drink during effervescence.

Peptonised milk may be made agreeable to many patients by serving with a little grated nutmeg, sweetened or flavored with a little brandy, etc.

SPECIALLY PEPTONISED MILK.

FOR JELLIES, PUNCHES, ETC.

FOR ALL RECEIPTS WHERE THE MILK IS TO BE MIXED WITH FRUIT JUICES OR ACIDS.

Mix the peptonising powder, water, and milk in a bottle, and place in a hot-water bath exactly as directed in the warm process receipt. Now let the bottle remain in the hot water for *one hour*, then pour into a saucepan and heat to boiling. This specially peptonised milk is now ready for use in making jellies, etc. It may be immediately used if required hot, or set aside on ice for punches, etc.

In peptonising milk for all these receipts in which lemon juice or acid is to be used, it is necessary to carry the process to the point at which the milk will not curdle with acid. Hence the one-hour digestion.

Do not fail to boil the milk immediately after the one hour in water-bath in order to kill the peptonising ferment, which would otherwise digest the gelatine, when added, and thus prevent the milk from forming a jelly.

The bitter taste of the milk so peptonised is entirely absent from the jellies, punches, etc., and these foods containing milk in a completely digested form are not only agreeable but exceedingly assimilable.

PEPTONISED MILK JELLY.

First take about half a box of Cox's gelatine and set it aside to soak in a teacupful of cold water until needed.

Take one pint of hot "*specially*" peptonised milk and dissolve in it about a quarter of a pound of sugar, or sufficient to taste; next add the gelatine and stir until dissolved.

Pare one fresh lemon and one orange, and put the rinds into the hot peptonised milk.

Squeeze the lemon and orange juice into a glass; strain and mix it with two or three tablespoonfuls of best St. Croix rum, or brandy, etc., as may be preferred.

Lastly, add the juices and spirits with stirring.

Strain all through a colander, and when cooled to a syrup consistency, so as to be almost ready to "set," pour into tumblers or jelly moulds and put in a cold place.

It is important not to pour the milk into the moulds until it is nearly cool; otherwise it will separate in setting.

This jelly has a delicious flavor, is highly acceptable to invalids and convalescents at the period when they tire of liquids and crave more substantial food.

Good St. Croix rum is generally preferable to other spirits in making jellies, punches, etc.

PEPTONISED MILK PUNCH.

Prepare a punch from peptonised in the same manner as from ordinary milk, using St. Croix or Jamaica rum, whisky or brandy, as preferred, and serve with grated nutmeg.

This is a good way:

Take a goblet about one-third full of fine crushed ice, pour on it a tablespoonful of St. Croix rum, a dash of Curacoa, or other liquor that is agreeable to the taste, then fill the glass with peptonised milk, stirring well; sweeten to taste; grate a little nutmeg on top.

PEPTONISED MILK LEMONADE.

Take a goblet one-third full of cracked ice, squeeze on it the juice of a lemon, and dissolve sufficient sugar; then fill the glass with *specially* peptonised milk, stirring well.

Make this lemonade of equal parts of peptonised milk and mineral water, instead of milk alone, if you prefer, first pouring the water, lemon juice, etc., on the ice, and then filling the glass with the milk.

This makes an effervescing punch that is very agreeable.

PEPTONISED MILK GRUEL.

Mix smoothly a heaping teaspoonful of wheat flour or arrowroot with half pint of cold water. Then heat with constant stirring until it has boiled briskly for several minutes.

Mix with this hot gruel one pint of cold milk and *strain* into a small pitcher or jar, and immediately add

the contents of one "peptonising tube;" mix well. Let it stand in the hot-water bath, or warm place, for twenty minutes; then put into a clean quart bottle and place on ice.

This milk gruel may be used in the same manner and for the same purpose as plain peptonised milk.

The flavor of this milk gruel is very agreeable, the taste of the peptone being masked by the digested arrowroot or flour, the peptonising powder digesting both the farinaceous matter and the milk.

PEPTONISED MILK WITH PORRIDGE.

To a dish of porridge of oatmeal, rice, hominy, etc., as prepared for the table, add a sufficient quantity of hot or cold peptonised milk.

It will aid in the digestion of farinaceous foods for young children, as well as supply the milk in a form especially adapted for children with defective digestion.

PEPTONISED BEEF.

Take one-quarter pound finely minced raw *lean* beef, or same weight (of equal portions) of beef and chicken meat mixed. Cold water, half a pint.

Cook over a gentle fire, stirring constantly until it has boiled a few minutes.

Then pour off the liquor for future use, and beat or rub the meat to a paste, and put it into a clean fruit jar or bottle with half a pint of cold water and the liquor poured from the meat. Add:

Extractum Pancreatis, ... 4 measures (20 grains),
Soda bicarb., ... 1 measure (15 grains).

Shake all well together, and set aside in a warm place, at about 110° to 115° F., for three hours, stirring or shaking occasionally; then boil quickly.

It may then be strained, or clarified with white of egg, in usual manner. Season to taste with salt and pepper.

For the great majority of cases it will not be required to strain the peptonised liquor, for the portion of meat remaining undissolved will have been so softened and acted upon by the pancreatic extract that it will be in very fine particles and diffused in an almost impalpable condition; thus in a form readily subject to digestion in the stomach.

Farinaceous materials may also be advantageously used in the preparation of the peptonised soup by simply boiling a sufficient quantity of flour, arrowroot, etc., with a *half portion* of the water used in above receipt, and mixing all together—meat, gruel, Extractum Pancreatis, and soda. The Extractum Pancreatis will, at the same time, digest both *starch* and *meat*.

This has a more agreeable flavor than that made of meats alone.

Jelly also may be made of peptonised beef.

Be sure to boil the peptonised beef, after three hours in warm place; otherwise the digestion will progress until it is spoiled.

PEPTONISED OYSTERS.

(ORIGINALLY SUGGESTED BY DR. N. A. RANDOLPH.)

Take a half dozen large oysters with their juice and a half pint of water. Heat in a saucepan until they have boiled briskly for a few minutes. Pour off the broth and set aside.

Mince the oysters finely, and reduce them to a paste with a potato masher in a wooden bowl.

Now put the oysters in a glass jar with the broth which has been set aside, and add:

Extractum Pancreatis, ... 3 measures (15 grains),
Soda bicarb., ... 1 measure (15 grains).

Let the jar stand in hot water, or a warm place where the temperature is not above 115 degrees, for one and a half hours.

Then pour into a saucepan and add half a pint of milk.

Heat over the fire slowly to boiling point.

Flavor with salt and pepper, or condiments to taste, and serve hot.

There will be found but very small bits of the oysters undigested, and these may be strained out or rejected in eating the soup, but will not be unacceptable to the stomach, except in very rare cases.

The *milk* will be sufficiently digested during the few minutes which will elapse before the mixture boils, if heated gradually.

Be sure to boil the peptonised oysters to finish the process.

JUNKET, OR CURDS AND WHEY.

WITH FAIRCHILD'S ESSENCE OF PEPSINE.

Junket, the soft jelly-like curded milk as prepared with *Fairchild's* Essence of Pepsine, is a delicious delicacy for invalids, convalescents, and dyspeptics. It is especially acceptable and appropriate in *convalescence*, when the liquid foods have become tiresome and repulsive This junket gives the grateful and

wholesome sense of substance, while it does not oppress the digestion.

Take a half pint of fresh milk heated lukewarm, add one teaspoonful of Essence of Pepsine, and stir just enough to mix. Pour into custard cups, and let it stand till firmly curded; may be served plain or with sugar and grated nutmeg.

As a dessert, junket when served with cream, sweetened and flavored with nutmeg or wine, is far more toothsome than more elaborate dishes, and has the merit of requiring but a few minutes and no special skill in its preparation.

JUNKET OF MILK AND EGG.

WITH FAIRCHILD'S ESSENCE OF PEPSINE.

Beat one egg to a froth and sweeten with two teaspoonfuls of white sugar; add this to a half pint of warm milk; then add one teaspoonful of *Fairchild's* Essence of Pepsine; let it stand till curded. This milk and egg junket is a highly nutritious and agreeable food.

WHEY.

WITH FAIRCHILD'S ESSENCE OF PEPSINE.

Take a half pint of fresh milk heated lukewarm (about 115° F.), add one teaspoonful of *Fairchild's* Essence of Pepsine, and stir just enough to mix; when firmly curded, beat up with a fork until the curd is finely divided; now strain, and the whey is ready for use. Whey contains in solution the soluble albuminoids, the sugar and the salts (mineral constituents) of the milk, and a small portion of fat.

THE PARTIAL DIGESTION OF FARINACEOUS FOODS AT THE TABLE.

To a saucer of well-cooked porridge of oatmeal, wheaten grits or rice, etc., as warm as proper to be eaten, add one teaspoonful of Diastin. Stir for a few minutes until thoroughly mixed before eating it.

Diastin must not be added to very hot food, for if hotter than can be agreeably borne by the mouth, the digestive principle will be destroyed.

Extractum Pancreatis may be added in exactly the same manner, using a measure full of the dry Extractum Pancreatis instead of the teaspoonful of Diastin. The powder imparts no taste or odor to the food, and is handy to use. It further contains every digestive principle—those capable of digesting milk, fat, etc., and thus will aid in the digestion of the ordinary foods taken at the same meal with the porridge.

FOOD FOR THE BABY.*

To treat this subject in full would require a volume in itself, so I shall only attempt to bring out the most important points, as the space allotted it would not warrant more.

Food for the baby must be considered under three heads: Mother's Milk, Cow's Milk modified, and the "Infant Foods" of commerce.

Mother's Milk.—The best, of course, is mother's milk, and when it is possible the child should always be given the food nature has provided for it, as the acts of man can never exactly reproduce the work of nature.

Nursing.—During the first three days there is but a small amount of milk secreted, so the child should not be allowed to nurse more than four or five times a day during that period. After this, and *during the first week*, the child should be fed every two hours and twice during the night. A little further over you will find a table for feeding, which should be followed after the first week.

The child should not be allowed to remain at the breast over fifteen or twenty minutes at a time.

*I am especially indebted to Prof. Philip F. Barbour, of the Department of Pediatrics in the Hospital College of Medicine, Louisville, Kentucky, for his assistance, so kindly given, in arranging this chapter.

The nursings should be regular (at stated hours), and this strictly adhered to. After each nursing the nipples should be carefully washed.

The food for the mother should be simple yet nourishing, as meats, vegetables, some fruits (unless they produce indigestion in the mother), and plenty of liquid, as milk or gruel; tea, coffee, and, usually, wine and beer should not be taken.

The digestibility of mother's milk is affected in the following manner: If the child be allowed to nurse oftener than every two hours, the proteids are increased and the fats diminished; and if the period between nursing is lengthened, the proteids become normal and the fats increased; proteids are increased by lack of exercise. Rich foods, excitement, anger, fright, fatigue, grief, menses, cancer, etc., all affect the milk.

A well-nourished child has good color, sleeps well after nursing, and is quiet and good-natured when awake. Its gain in weight should be about one-half pound a week.

Cow's Milk.—There are circumstances, however, when for various causes other foods must be substituted; when this condition arises we must find a food which most closely resembles the natural product. In seeking a food for an infant deprived of the breast, we naturally turn to the cow for a substitute, the milk of which, in its natural state, however, proves to be indigestible to the infant's stomach, and consequently inadequate to replace mother's milk. We are now brought face to face with a problem—to find a means by which we can change the constitution of cow's milk to resemble human milk.

Comparative Table Showing the Difference Between Mother's and Cow's Milk.*

	Cow's.	Mother's.
Fat,	4.0	4.0
Sugar,	4.5	7.0
Casein,	3.0	0.5
Lact.-Albumin,	1.0	1.5
Salts,	0.7	0.2
Water,	86.8	86.8

This table, the result of deep study, clearly reveals the reason why cow's milk is not suitable for the human infant. It shows that mother's milk contains *more sugar* and *less casein*, so that in the cow's milk there is a larger proportion of the elements which build up muscle tissue, which is more than the child can use or its stomach digest, and, as a result, if taken into the stomach a curd that is indigestible is formed.

How Can We Change Cow's Milk to Take the Place of Mother's Milk?

Again I call your attention to the table above, and at a glance you will see that it is in our power to change the quality of the milk in a very simple manner. By the addition of sugar, water, and cream we can produce a combination which will very closely resemble the natural food, and, in its absence, answer its purpose.

I here quote a formula which gives us about the proper proportions for the mixture:

Cream,	Three	(3) ounces.
Milk,	Two	(2) "
Water,	Ten	(10) "
Lime-water,	One	(1) ounce.
Sugar of milk,	One-half	(½) "

A pinch of salt.

* I have given this table in round numbers for the sake of convenience. Some authors differ a fraction above and some below the figures given.

It must be borne in mind that this exact proportion is not suited to every case, and must be varied as conditions present themselves.

If there be too much casein in the milk, the stools will be green, or may contain curds and be of a cheesy odor. To remedy this, the amount of milk in the above formula should be decreased.

If there be too much fat, it will be shown by more frequent stools, containing whitish-yellow lumps, and of a decided acid reaction; this is to be remedied by decreasing the amount of cream in the mixture.

Too much sugar is the cause of frequent, thin stools, acid in reaction and sour smelling. In this adjustment of quantities it should be done carefully and gradually, and continued until normal conditions exist.

The Quantity of Food and the Time for Feeding.

I here give a table prepared by Dr. L. Emmett Holt:

SCHEDULE FOR FEEDING AN AVERAGE CHILD IN HEALTH.

AGE	Number of meals.	Interval by day between meals.	Night feeding (10 P. M. to 6 A. M.).	Quantity for each meal.	Quantity for twenty-four hours.
1 week . .	10	2 hours	2	1 oz.	10 oz.
2 to 3 weeks	10	2 hours	2	1½ oz.	15 oz.
4 weeks . .	9	2 hours	1	2¼ oz.	20 oz.
6 weeks . .	8	2½ hours	1	3 oz.	24 oz.
3 months .	7	3 hours	1	4 oz.	28 oz.
5 months .	6	3 hours	. . .	5½ oz.	33 oz.
6 months .	6	3 hours	. . .	6 oz.	36 oz.
9 months .	5	3 hours	. . .	7½ oz.	37½ oz.
12 months .	5	3 hours	. . .	8 oz.	40 oz.

If good results are desired, always be regular at feeding, and this regularity should be begun the first week of life. The baby should be put to sleep at the same time every day.

Be careful not to give more than the stomach can hold, as overfeeding is bad.

Vomiting is a sign of overfeeding or indigestion, and when this occurs the amount given should be decreased at the next meal.

Increasing the Child's Diet.

A child should be fed on a strictly milk diet until about the ninth or tenth month, when *a little* soft-boiled egg, soups (vegetable and mutton), beef juice (made by broiling rare done a tender piece of beef and pressing the juice from same), "infant foods," and a small amount of starchy food, as a bit of cracker, arrowroot or farina may be given once a day in a bottle of milk. Potatoes may be given after the twelfth to fifteenth month if they are baked and are well done.

Feeding in the Second Year.

A child should never have more than five meals a day during this year, and some cases are better with but four. Give the first food at 7 A. M., and at intervals of three hours during the day, including 7 P. M. Be sure to be regular in the feedings.

Diet for Day's Feeding.

First feeding.—Add to one-half pint of milk one tablespoonful of cream and same quantity of some cereal.

Second feeding.—Give only milk, about half pint.

Third feeding.—One-half pint of milk, a small bit of well-toasted bread over which some meat juice has been poured, or a tablespoonful of scraped meat served with cracker. Egg, soft-boiled, may be used in place of beef or beef juice.

Fourth feeding.—Milk.

Fifth feeding.—Milk with small quantity of some cereal, as in the first feeding.

The quantity of beef juice given should not be over three tablespoonfuls at a feeding.

Feeding in the Third and Fourth Years.

Feed four times a day, and under no circumstances give any thing between regular feeding hours.

The following is an idea of the food to be given a four-year-old child for one day:

First meal.—Half an orange, two tablespoonfuls of some cereal with a little cream and a glass of milk.

Second meal.—A cup of broth with some stale* bread toast or crackers; a glass of milk may be given in place of broth.

Third meal.—A little steak or chop, sometimes chicken, a little spinach, and a starchy vegetable like potato. A little water is allowed. Stewed prunes are allowed.

Fourth meal.—Milk toast or bread and milk.

The juice of orange, the pulp of stewed prunes or baked apples may be given to a child of from fifteen to eighteen months old; they are laxative and aid in digestion. At four years almost any of the fresh fruits may be given in small quantities (except bananas).

*Bread for children should always be dry or toasted.

In the following foods, forbidden and allowed, I quote Dr. L. Emmett Holt:

FORBIDDEN.

Meats.—Pork in all forms, dried, canned, or salted meats, goose, duck, game, kidney, liver, bacon, meat stews, and dressings from roasted meats.

Vegetables.—Potatoes (except roasted), cabbage, raw or fried onions, raw celery, radishes, cucumbers, tomatoes (raw or cooked), beets, egg-plant, and green corn.

Bread and Cake.—All hot bread, biscuit, or rolls; buckwheat and all other griddle cakes; all sweet cakes, particularly those containing dried fruits and those heavily frosted.

Desserts.—All nuts, candies, and dried fruits; all canned or preserved fruits, pies, tarts, and pastry of every description.

Drinks.—Tea, coffee, cocoa, wine, beer, and cider.

Fruits.—Bananas, all fruit out of season, all stale fruits, particularly in cities during the summer. Grapes are objectionable only on account of the seeds. With most of the other fruits it is the excess in quantity which makes them injurious.

Most of the above should be prohibited in the case of children under seven years, and all are improper for healthy children under four years of age.

ALLOWED.

Milk.—Always the basis of the diet, one quart daily, without dilution, unless very rich; always warm.

Eggs.—Soft boiled or poached, never fried, not oftener than three times a week.

Meats.—After eighteen months if most of the teeth are present, once daily, finely bruised or scraped rare roast beef, roast lamb, broiled mutton chop or beefsteak, white meat of chicken or turkey, fresh fish, boiled or broiled, bones the only objection.

Vegetables.—Potatoes (not until second year) roasted, peas, asparagus tops, spinach, string beans, boiled onions, stewed celery; all should be well cooked, in season, and fresh.

Cereals.—Oatmeal, wheaten grits, hominy, barley, rice, and arrowroot; all should be cooked at least two hours and given with milk or cream, well salted, without sugar.

Broths, etc.—Beef juice expressed from broiled steak (one half to one pound); mutton, beef or chicken broth, as follows: One pound of finely-chopped lean meat, one pint of water; stand on ice for eight hours, cook slowly one hour, strain, and season with salt; cook, skim off fat.

Bread and Crackers.—In some form may be given at each meal; only stale bread (well baked), zwieback, graham, oatmeal, and gluten crackers, with meals only.

Desserts.—(After two and one-half years) Plain custards, ice cream; (not oftener than once a week) rice pudding (no raisins), baked apples, stewed prunes.

Fruits.—(After fifteen months) Oranges; (after two and one-half years) apples, pears, grapes, berries, etc. In the country almost all varieties in moderate quantity; give very cautiously in cities during the summer.

Infant Foods.—I shall divide them into two classes: First, those that do not contain milk, and are to be mixed with milk when they are fed. To the second class belong those which contain dried milk, and are to be prepared by the addition of water. Now comes the question, how do they resemble mother's milk when prepared for feeding? If we mix the foods according to the directions of the manufacturers, we find by analysis a difference in the physical properties, deficient in milk fat, milk sugar, and milk salts, and in some we find pure starch, something the infant can not digest.

After thoroughly investigating the use of "foods," authorities tell us it is best not to use them until after the sixth month, and then not in large quantities, and never as a permanent food, though they may be employed temporarily with advantage when for any reason the child is unable to digest milk, as in various acute diarrheal diseases.

Weaning the Baby.—*Weaning from the breast* should be begun at about the tenth month, substituting one feeding for one nursing, later on two feedings, etc., until the breast is given up altogether.

Weaning from the bottle should always begin at about the twentieth month, and should be accomplished in fifteen months or less. Weaning should be done gradually, as described in another part of this article.

Milk from One Cow.—It is not well to use the milk of one cow, as such milk is so likely to vary, so the best results are obtained where a mixture of the milk of a herd is used.

The Nursing Bottle must be kept thoroughly clean. It should be rinsed after each feeding, and thoroughly scalded each time before use, rinsing it out twice a day with a soda or boric-acid solution.

The Nipple.—Use only a straight nipple that can be adjusted to the bottle, as one with the rubber tubing attached is hard to keep clean. After each nursing the nipple should be cleaned, and some authorities say "keep it in a boric-acid solution when not in use."

Pasteurization takes place at 167° F. This does not destroy the taste or change the constituents of the milk.

Sterilization takes place at 212° F. This affects both flavor and digestibility.

A WORD ON SERVING.

Nothing is so pleasing to the stomach as a food *daintily* served. The selection of china in which food is to be served should be carefully looked to. Blue and white china serves best for all-around purposes, but when it is possible have a harmony of color between the food and the dish. The dressing of the foods with green stuffs, such as parsley, lettuce leaves, water-cress, laid around the dish, serves to harmonize color, and gives it a dainty, appetizing look. Sliced lemon served on meats gives a pretty effect. All these small points count in bringing back the appetite of the invalid. The silver should be kept bright, and the linen may be plain but *spotless*. The air of neatness and elegance should be combined. If the serving-tray be silver, let the edge show; if it be black, cover it with the tray cloth. A black tray will spoil an otherwise pretty effect.

RELATIVE VALUE OF APOTHECARIES' AND METRIC WEIGHTS.

One grain,	0.065 gram.
One dram,	3.9 grams.
One ounce,	31.10 grams.

RELATIVE VALUE OF APOTHECARIES' AND METRIC FLUID MEASURES.

One minim,	0.06 cubic centimeter.
One fluid dram,	3.75 cubic centimeters.
One fluid ounce,	30.00 cubic centimeters.

TABLE OF APPROXIMATE WEIGHTS AND MEASURES.

Three teaspoonfuls,	One tablespoonful.
Four tablespoonfuls,	One wineglassful.
Two wineglassfuls,	One gill.
Two gills,	One tumbler or cup.
Two cups,	One pint.
One quart of sifted flour,	One pound.
One quart powdered sugar,	One pound, seven oz.
One quart granulated sugar,	One pound, nine oz.
One pint closely packed butter,	One pound.
Three cupfuls sugar,	One pound.
Five cupfuls sifted flour,	One pound.
One tablespoonful salt,	One ounce.
Seven tablespoonfuls granulated sugar,	One-half pint.
Twelve tablespoonfuls flour,	One pint.
Three coffee cupfuls,	One quart.
Ten eggs,	One pound.

A tablespoonful is frequently mentioned in receipts. It is generally understood as a measure or bulk equal to that which would be produced by *half an ounce of water.*

UTENSILS.

A double tin steamer.
An earthen crock.
An enameled saucepan.
Meat juice press (a lemon-squeezer may be substituted).
A porcelain duck.
Glass tube.
Glass funnel.
Porcelain or glass spoons.
A glass dropper.
A graduate medicine glass.
Asbestos mats.
It is well to have an oil or gas stove.
These articles are indispensable in the preparation and serving of food in the sick-room.

INDEX.

Alcohol Allowed in Gastric Cancer, ... 16
Alcoholic Pancreas Extract, ... 125
Alcohol in Typhoid, ... 40
Allowed after Sunstrokes and Heat Exhaustion, ... 35
Allowed in Albuminuria, ... 3, 4
Allowed in Alcoholism, Acute, ... 1
Allowed in Alcoholism, Chronic, ... 2, 3
Allowed in Anemia or Debility, ... 5, 6
Allowed in Cholera, ... 8
Allowed in Constipation, ... 6, 7
Allowed in Diabetes, ... 9, 10, 11
Allowed in Diarrhea, ... 11, 12
Allowed in Diphtheria, ... 8
Allowed in Diseases of Liver and Bile Passages, ... 27
Allowed in Dysentery, ... 13
Allowed in Fevers, ... 13, 14
Allowed in Gastric Cancer, ... 15, 16
Allowed in Gastric Cancer in advanced cases per mouth, . 15
Allowed in Gastric Ulcer, ... 22, 23
Allowed in Gastritis, Acute, ... 17, 18
Allowed in Gastritis, Chronic, ... 19
Allowed in Genito-Urinary Tract Inflammation, ... 24
Allowed in Gout and Rheumatism, ... 25, 26
Allowed in Malarial Fever, ... 28
Allowed in Obesity, ... 30
Allowed in Scarlet Fever, ... 33
Allowed in Scurvy (Infantile), ... 34
Allowed in Smallpox, ... 35
Allowed in Tuberculosis, ... 36, 37
Allowed in Typhoid, ... 38, 39, 40
Allowed in Whooping-Cough, ... 41

Almond Cakes for Diabetes (Seegen), ... 92
Apple and Rice Water, ... 115
Apple Charlotte, ... 120
Apple Soup, ... 58
Apple Water, ... 115
Apple Water and Sherry, ... 116
Arrowroot Mould, ... 118
Asparagus, Canned, ... 96
Baked Apples, ... 128
Baked Apple Water, ... 115
Baking, ... 47
Baking Irish Potatoes, ... 127
Barley Jelly, ... 118
Barley Water No. 1, ... 110
Barley Water No. 2, ... 110
Barley Water, Thick, No. 3, ... 110
Beef Essence (Yeo), ... 52
Beef Jelly, ... 61
Beef Juice, ... 52
Beef Peptonoids, ... 128
Beefsteak in Oil (Hemmeter), ... 73
Beef Tea, ... 52
Beef Tea and Barley, ... 53
Beef Tea, Chrysties', ... 53
Beef Tea Custard, ... 54
Beef Tea Jelly, ... 61
Beef Tea (raw), ... 52
Beef Tea with Acid, ... 53
Beef Tea with Oatmeal (Anderson), ... 53
Beer Soup, ... 61
Blackberry Vinegar, ... 114
Black Currant and Arrowroot Water, ... 115
Black Currant Vinegar, ... 114
Boiling, ... 47
Bone Marrow, ... 123
Bone Marrow and Glycerine, ... 124
Bouillon, Bottled (Uffelmann), ... 54
Bovinine, ... 128

Brain Cutlets, ... 73
Brain Soup (Hemmeter), ... 56
Brandy Cocoa (Trained Nurse), ... 117
Bran Tea, ... 110
Bread, Afternoon Tea, ... 86
Bread, Aleuronat (Huth), ... 92
Bread, Boston Brown, ... 89
Bread, Brown and Cream, ... 89
Bread, Diet, ... 91
Bread, Gluten, ... 88
Bread Jelly, ... 118
Bread-Making. General consideration of, ... 80
Bread of Corn and Rice, ... 89
Bread, One Loaf, ... 85
Bread, Rye, ... 86
Bread, Salt-Rising, ... 87
Bread, Whole Wheat, ... 86
Broiling, ... 48
Buttermilk in Typhoid, ... 38
Calf's Brains Stewed, ... 71
Calf's Foot Broth, ... 55
Calf's Foot Cream Jelly, ... 61
Canned Goods. General Consideration of, ... 95
Carnrick's Soluble Food, ... 128
Carving Meats, ... 71
Casein, too much in milk, ... 148
Caudle (Ringer), ... 114
Celery Water 108
Cereal with Fruit (Trained Nurse), ... 80
Chicken Broth (Bartholomew), ... 55
Chicken Jelly (Adams), ... 61
Chocolate Blanc Mange, ... 123
Chops, Broiled, ... 71
Clam Broth, ... 50
Clam Juice (raw) and Milk, ... 50
Clam Water, ... 50
Claret Jelly, ... 119
Clyster, Nutritive (Boas), ... 131

Cocoa Cordial (Trained Nurse), ... 117
Coffee Custard, ... 119
Coffee Jelly, ... 122
Cold and Heat in bread-making, ... 81
Cordial, Sago, ... 112
Corn, Canned, ... 95
Corned Beef Hash on Toast with Poached Eggs, ... 74
Cornflower Posset, ... 123
Corn Soup, ... 58
Cow's Milk, ... 146
Cream of Pea Soup (Trained Nurse), ... 59
Cream of Tartar Drink (Pavy), ... 111
Cream Soup, ... 57
Crust Coffee, ... 111
Currant Jelly Water (Fagge), ... 114
Custard, Baked, ... 107
Custard, Savory (Anderson), ... 108
Custard, Soft, ... 108
Danish Pudding, ... 123
Demulcent Drink (Ringer), ... 111
Diet in—
Abdominal Surgery, ... 45
Albuminuria, ... 3
Alcoholism, Acute, ... 1
Alcoholism, Chronic, ... 2
Anemia or Debility, ... 5
Cerebral Apoplexy, ... 42
Cholera, ... 7
Chorea, ... 42
Constipation, ... 6
Debility (see Anemia), ... 5
Diabetes, ... 9
Diarrhea, ... 11
Diphtheria, ... 8
Dysentery, ... 13
Dyspepsia. See Gastritis, Acute.
Epilepsy, ... 42
Fevers, ... 13

Diet in—
Gastric Cancer, ... 15
Gastric Ulcer, ... 21
Gastritis, Acute, ... 16
Gastritis, Chronic, ... 19
General Surgery, ... 45
Genito-Urinary Tract, Inflammation of the, ... 23
Goitre, Exophthalmic, ... 42
Gout and Rheumatism, ... 25
Grand Mal. See Epilepsy.
Headache. See Neuralgia.
Hydrophobia. See Tetanus.
Hysteria 43
Liver and Bile Passages, Diseases of, ... 27
Malarial Fever, ... 27
Mania. See Melancholia.
Melancholia and Mania, ... 43
Migraine. See Neuralgia.
Neuralgia, ... 44
Neurasthenia, ... 43
Obesity, ... 28
Petit Mal. See Epilepsy.
Pneumonia, ... 32
Poisoning by Strong Acids and Alkalies, ... 31
Pregnancy, ... 31
Pyemia and Septicemia, ... 32
Rheumatism. See Gout.
Rickets, ... 32
Scarlet Fever, ... 33
Scurvy (Infantile), ... 34
Septicemia. See Pyemia.
Smallpox, ... 35
Sunstrokes and Heat Exhaustion, ... 35
Surgery of Face, ... 46
Tetanus and Hydrophobia, ... 44
Tic Douloureux. See Tri-facial Neuralgia.
Tri-facial Neuralgia, ... 44
Tuberculosis, ... 35

Diet in—
Typhoid, ... 37
Whooping-Cough, ... 41
Digestibility of Mother's Milk, ... 146
Drink, Pleasant, ... 114
Drinks, ... 108
Dujardin-Beaumetz Food, ... 126
Dujardin-Beaumetz Menu in Obesity, ... 29
Ebstein's Menu in Obesity, ... 28, 29
Egg and Port Wine, ... 105
Egg and Sherry, ... 104
Egg and Wine (Ringer), ... 100
Egg, Boiled, New Process, No. 3, ... 106
Egg, Boiled, No. 2, ... 106
Egg Drink, ... 103
Egg Lemonade, ... 117
Egg, Milk, and Brandy, ... 104
Eggnog, ... 104
Egg, Poached, New Way, ... 106
Egg Sandwiches, ... 107
Eggs, Boiled, ... 106
Eggs, Cooked, ... 106
Eggs for Fever Patients (Yeo), ... 104
Egg Snow, ... 105
Egg Soup, ... 56
Eggs, Raw, ... 103
Egg, Steamed, ... 106
Eggs, Wine Whey with, ... 105
Egg Toast, ... 106
Egg Water, ... 103
Egg with Beef Tea, ... 105
Enema (Barbour), ... 132
Enema (Herrick), ... 132
Enema, Nutritive (Ewald), ... 131
Enema, Nutritive (Jaccoud), ... 131
Enema, Nutritive (Leube), ... 130
Enemata, Beef, Peptonised, ... 133
Enemata, Egg, Peptonised, ... 133

Enemata, Milk, Peptonized, ... 133
Enemata, Panopepton, ... 134
Farinaceous Foods, etc. General consideration of, . . . 76
Fat, too much in milk, ... 148
Feeding in Second Year, ... 149
Feeding in Third and Fourth Years, ... 150
Fever Food (Buss), ... 126
Fish and Oysters. General consideration of, ... 63
Fish, Boiled, ... 64
Fish Cream, ... 65
Fish Custard, ... 66
Fish, Frying, ... 64
Fish, Invalid, ... 66
Fish, Potted, ... 65
Fish Pudding, ... 66
Fish Pudding and Toast, ... 66
Fish Sandwiches, ... 65
Fish, Steaming and Baking, ... 65
Fish Soup, ... 55
Fish Toast, ... 65
Flaxseed Tea, ... 109
Flaxseed Tea with Lemon, ... 109
Flour, best for bread-making, ... 81
Food for the Baby, ... 145
Food Products, ... 128
Frizzled Beef, ... 75
Frothergill's Amylaceous Food, ... 125
Fruits, Canned. General rules for cooking, ... 95
Fruits, Dried and Evaporated, ... 96
Frying, ... 48
Gastric glands, destruction of in Alcoholism, Chronic, . . 2
General rules for feeding after Poisoning by Strong Acids and Alkalies, ... 31
General rules for feeding during Pregnancy, ... 31
General rules for feeding in—
Alcoholism, Acute, ... 1
Alcoholism, Chronic, ... 2
Albuminuria, ... 3

General rules for feeding in—
Cholera, ... 7
Constipation, ... 6
Diabetes, ... 9
Diarrhea, ... 11
Diphtheria, ... 8
Diseases of Liver and Bile Passages, ... 27
Dysentery, ... 13
Fevers, ... 13
Gastric Cancer, ... 15
Gastric Ulcer, ... 21
Gastritis, Acute, ... 16
Gastritis, Chronic, ... 19
Inflammation of Genito-Urinary Tract, ... 23
Gout and Rheumatism, ... 25
Malarial Fever, ... 27
Obesity, ... 28
Pneumonia, ... 32
Pyemia and Septicemia, ... 32
Rickets, ... 32
Scarlet Fever, ... 33
Scurvy (Infantile), ... 33
Tuberculosis, ... 35
Typhoid, ... 37, 38
Whooping-Cough, ... 41
General rules in Anemia or Debility, ... 5
Glair Water (Hemmeter), ... 103
Globon, ... 128
Gluten Cream Wafers, ... 88
Gluten Gems, ... 88
Gluten Griddle Cakes, ... 88
Graham Rolls, Hard, ... 88
Grape Juice (Unfermented) and Water, ... 114
Grilling (see Broiling), ... 48
Gruel, Baked Flour, ... 113
Gruel, Barley, ... 112
Gruel, Cracker, ... 113
Gruel, Farina, ... 113

Gruel, Flour, ... 113
Gruel, Indian Meal, ... 113
Gruel, Milk, Peptonised, ... 139
Gruel, Oatmeal, ... 112
Gruel, Royal, ... 112
Gum Arabic Water, ... 108
Ham and Toast with Poached Eggs, ... 74
Hamburger Steak, ... 74
Ham Mousiline, ... 74
Hemaboloids, ... 128
Horlick's Food, ... 128
Ice Cream, Peptonised, ... 103
Ichthyocolla Jelly (Hemmeter), ... 120
Imperial Granum, ... 129
Increasing Child's Diet, ... 149
Infant Food, ... 126
Infant Food (Eivlart), ... 127
Infant Foods, ... 153
Irish Moss Jelly, ... 119
Jellies, Farinaceous and Wine, ... 118
Jelly (Wiels, for Dyspeptics), ... 62
Junket, ... 99
Junket (Anderson), ... 100
Junket of Milk and Egg, ... 143
Junket, or Curds and Whey, ... 142
Kefyr (Hemmeter), ... 102
Kidney, Stewed, ... 71
Kneading in Bread-making, ... 83
Koumiss, ... 101
Leibig's Soluble Food, ... 129
Lemonade, ... 116
Lemonade No. 2, ... 116
Lemon Sponge or Snow Pudding, ... 122
Lime-Water, ... 108
Linseed Tea (Chambers), ... 109
Macaroni with Cream, ... 80
Malted Milk, ... 129
Maltine, ... 129

Maltzyme, ... 129
Meat Biscuit (Parkes), ... 125
Meat, Boiling, ... 70
Meat Bouillon Wine Clyster (Fleiner), ... 132
Meat Cure, ... 58
Meat Extract Ice (Ziemssen), ... 54
Meat Jellies, ... 61
Meat Jelly (Hepp), ... 61
Meat Preparations, ... 62
Meat Preparations. How Served, ... 63
Meat Puree Soup (Hehl), ... 57
Meat, Roasting or Baking, ... 69
Meats, Broiling, ... 70
Meats, Grilling (see Meat, Broiling), ... 70
Meats, Poultry, etc. General Consideration of, ... 68
Meats, Stewing, ... 70
Meat Teas, Soups, and Broths. General Consideration of Preparation of, ... 49
Mellin's Food, ... 129
Methods of Cooking. General Consideration of the, . . . 47
Method to Change Cow's Milk to Resemble Mother's Milk. 147
Milk, Almond (Hemmeter), ... 98
Milk and Cinnamon Drink, ... 97
Milk and Egg, ... 98
Milk and Lime-water, ... 97
Milk and Milk Preparations, ... 97
Milk and Seltzer, ... 97
Milk and Soda Water, ... 97
Milk and Vichy, ... 97
Milk, Effervescent Zyminised, ... 101
Milk From One Cow, ... 154
Milk in Typhoid, ... 38
Milk Jelly (Hemmeter), ... 100
Milk Lemonade, Peptonised, ... 139
Milk Mixture in Typhoid, ... 98
Milk Punch, ... 98
Milk Punch, Peptonised, ... 139
Milk, Rice, ... 97

Milk Sherbet, ... 122
Milk, Sterilized, ... 101
Milk Toast, Peptonised, ... 93
Milk with Brandy or Sherry, ... 98
Milk with Suet, ... 99
Minced Meats, ... 73
Miscellaneous, ... 125
Mistura Spiritus Vini Gallici, ... 104
Mitchell, S. Weir. Menu in Obesity, ... 30
Mother's Milk, ... 145
Mulled Wine (Ringer), ... 114
Multiple Neuritis, Diet in, ... 43
Mush, Hominy, ... 77
Mush, Oatmeal, ... 77
Mushrooms Stewed with Toasted Bacon, ... 72
Mush, Rye Meal, ... 78
Must Avoid in Albuminuria, ... 4
Must Avoid in Anemia or Debility, ... 6
Must Avoid in Constipation, ... 7
Must Avoid in Diabetes, ... 11
Must Avoid in Diarrhea, ... 12
Must Avoid in Diseases of Liver and Bile Passages, . . . 27
Must Avoid in Fevers, ... 14
Must Avoid in Gastric Cancer, ... 15
Must Avoid in Gastric Ulcer, ... 23
Must Avoid in Gastritis, Acute, ... 18
Must Avoid in Gastritis, Chronic, ... 20
Must Avoid in Genito-Urinary Tract Inflammation, . . . 24
Must Avoid in Gout and Rheumatism, ... 26
Must Avoid in Obesity, ... 31
Must Avoid in Tuberculosis, ... 37
Mutton and Chicken Broth (Osler), ... 54
Mutton Broth, ... 51
Mutton Tea, ... 51
Mutton Tea Custard, ... 54
Mutton Tea with Egg, ... 51
Nestle's Food, ... 129
Nipple, The, ... 154

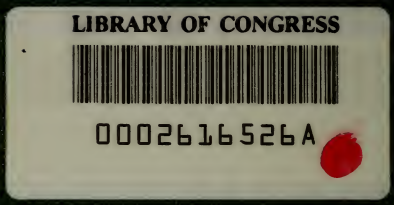
Nitrogenous Foods for Children and Adolescence in Albuminuria, ... 4
Nourishing Soup (Ringer), ... 56
Nursing, ... 145
Nursing Bottle, The, ... 154
Nutritious Coffee, ... 117
Nutritious Jelly, ... 118
Omelet, Bread, ... 107
Omelet, Rum, ... 107
Omelet, Smoked Beef, ... 75
Omelet, Souffle, ... 106
Operations on the Face, Diet After, ... 46
Orange Charlotte, ... 120
Orange Cream, ... 121
Orange Flower Water, ... 109
Osler Menu in Gastric Ulcer, ... 22
Oysters a la Blanche, ... 67
Oysters, Broiled, ... 68
Oysters, Curled, ... 67
Oyster Juice (Raw) and Milk, ... 50
Oysters and Toast, ... 68
Oysters, Peptonised, ... 67
Oyster Tea, ... 50
Panada, Milk, ... 113
Panada (Ringer), ... 125
Panada, Water, ... 113
Panada, Water with Beef Tea, ... 114
Panopeptone, ... 129
Partial Digestion of Farinaceous Foods at the Table, . . 144
Pasteurization, ... 154
Peaches, Dried, ... 96
Peptonised Beef, ... 140
Peptonised Enemata, ... 133
Peptonised Foods, ... 134
Peptonised Milk (Cold Process), ... 135
Peptonised Milk, Effervescent, ... 137
Peptonised Milk Gruel, ... 139
Peptonised Milk, Hot, ... 136

Peptonised Milk Jelly, ... 138
Peptonised Milk Lemonade, ... 139
Peptonised Milk (Partially), ... 135
Peptonised Milk Punch, ... 139
Peptonised Milk, Specially for Jellies, Punches, etc., . . 137
Peptonised Milk (Warm Process), ... 134
Peptonised Milk with Porridge, ... 140
Peptonised Oysters, ... 141
Pigeon Stew with Milk, ... 72
Porridge, Baked Flour, ... 79
Porridge, Gluten, ... 77
Porter Jelly, ... 119
Port Wine Jelly (Ringer), ... 119
Powdered Beef, ... 126
Predigested Foods in Alcoholism, Chronic, ... 2
Preparation of Bowel for an Enema, ... 130
Prunes, Stewed, ... 96
Prune Whip (Trained Nurse), ... 127
Puree of Fresh Beans, ... 60
Puree of Green Peas, ... 60
Puree of Split Peas, ... 59
Puree of White Beans, ... 60
Raspberry Cream, ... 121
Raw Meat Diet, ... 124, 125
Raw Meat Diet (Ringer), ... 124
Raw Meat Foods, ... 123
Raw Meat Sandwiches, ... 124
Rectal Feeding in Alcoholism, Chronic, ... 3
Rectal Feeding in Diphtheria, ... 8
Rectal Feeding in Gastric Cancer, ... 15
Regular Diet after Alcoholism, Chronic, ... 3
Rice, Boiled, ... 76
Rice Cream, ... 78, 121
Rice, Imperial, ... 78
Rice Pudding, ... 79
Rice Pudding and (ground) Malt (Yeo), ... 79
Rice Water, ... 111
Rice Water (Pavy), ... 111

Roasting, ... 47
Rolls, ... 87
Rum Punch, ... 98
Rusks, Egg, ... 90
Rusks, Sponge, ... 91
Russian Cream, ... 122
Sassafras Water, ... 109
Sautering, ... 48
Serving, A Word on, ... 155
Simmering, ... 48
Sippets, ... 90
Smelts, Broiled, ... 67
Smoked Beef with Cream Sauce, ... 76
Solid Foods in Cholera, ... 8
Soup Biscuit (Hemmeter), ... 91
Soup Containing Meat (Rosenthal), ... 58
Soup Roll (Heyl), ... 91
Soup Sticks, ... 90
Sponge Drops (Trained Nurse), ... 92
Starchy Foods, percautions in eating in Alcoholism, Acute, ... 2
Sterilization, ... 154
Stew for Invalids, ... 72
Stimulants Allowed in Anemia or Debility, ... 6
Stimulants Allowed in Fevers, ... 14
Stoke's Cognac Mixture, ... 126
Strawberry Cream, ... 127
Strengthening Mixture, ... 105
Sugar, too much in milk, ... 148
Surgical Operations, Diet after, ... 45
Sweetbreads, Baked, ... 73
Sweetbreads, Broiled, ... 71
Sweetbread Soup (Hemmeter), ... 55
Table of Approximate Weights and Measures, ... 156
Table of Quantity of Food and Time for Feeding, ... 148
Table of Relation of Apothecaries' and Metric Weights, . 155
Table of Relative Value of Apothecaries' and Metric Fluid Measures, ... 155

Table Showing Difference Between Mother's and Cow's Milk, ... 147
Tamarind Water, ... 116
Tapioca Cream 80
Tapioca Cream (Trained Nurse), ... 79
Temperature of Fat for Frying, ... 48
Temperatures in Bread-making, ... 83, 84
Thirst in Cholera, ... 7
Thirst in Typhoid, ... 39
Time for Baking Bread, ... 84
Toast Water, ... 111
Tom and Jerry, ... 104
Tomatoes, Canned, ... 96
Tomato Soup, ... 59
Trophonine, ... 129
Utensils, ... 156
Veal Cream, ... 57
Veal Tea, ... 52
Vegetables, Canned. General Rules for Cooking, ... 95
Vegetables, Dried. General Rules for Cooking, ... 93
Vegetables, Fresh. General Rules for Cooking, ... 93
Vegetables, Time for Cooking, ... 94
Weaning the Baby, ... 153
Whey, ... 143
Whey, Champagne, ... 98
Whey, Cream of Tartar (Pavy), ... 99
Whey, Tamarind (Pavy), ... 99
Whey, White Wine (Pavy), ... 99
Whey, Wine, ... 100
Whey, Wine (Thompson), ... 99
Yeast, ... 85
Yeast, pure, in bread-making, ... 81
Zwieback, ... 89

MAY 25 1900


LIBRARY OF CONGRESS
0002616526A